



Patient Instructions: Kois Deprogrammer

The Kois Deprogrammer is an appliance that allows your jaw muscles to relax and function independently from the muscle and jaw position associated with your current tooth bite.

After a period of wearing the Deprogrammer, your former muscle memory pattern will be modified so we can determine the difference between your new jaw bite and your original tooth bite. You should be able to feel a different tooth that now first contacts when you remove the Deprogrammer.

Construction of the Kois Deprogrammer:

- The Deprogrammer has a small platform behind your upper front teeth.
- The platform allows for only a small area of contact with one of your lower front teeth. This will be the only contact point.

Wearing the Kois Deprogrammer:

- While you are wearing the Deprogrammer none of your back teeth will touch.
- Upon removing the Deprogrammer, you should notice that your teeth contact differently. * Please make a note of which tooth contacts first.
- It is important that you wear the Deprogrammer as much as possible to allow the jaw muscles to relax (deprogram) and achieve a repeatable closing position. Exceptions are eating and cleaning your teeth, or when it may interfere with quality of life.
- The Deprogrammer has achieved its purpose if every time it is removed and you close your teeth together, your teeth make contact in the same spot.
- Please make sure you are wearing the Deprogrammer at your next scheduled appointment.
- Any symptoms present prior to wearing the Deprogrammer should be resolved.

Care Instructions:

- Gently brush the Deprogrammer with toothpaste and rinse with warm (not hot) water at least twice a day.
- When not in use, keep it in its retainer case.

Concerns:

- If soreness or discomfort develops, discontinue wear, and immediately call the office.
- If you have any questions or concerns do not hesitate to contact the office.

It is necessary to bring the Kois Deprogrammer to your next appointment!

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