



**PATIENT INSTRUCTIONS FOR  
DEPROGRAMMER APPLIANCE**

You should not experience additional discomfort.

You may experience relief of current symptoms.

Please wear this appliance as much as possible except when eating.

Remove daily for oral hygiene. Brush and rinse your appliance in cool or lukewarm water.

When your appliance is out of your mouth put it in your retainer box.

If you have questions, concerns, or experience added discomfort, please call our office.

You **MUST** bring your appliance with you for your next appointment.

**DEPROGRAMMER QUESTIONNAIRE**

We are very interested in hearing your feedback in regards to the deprogrammer appliance. If you could please take a few moments to answer the following questions prior to your consultation, it would be greatly appreciated.

- 1) Did you enjoy wearing the deprogrammer appliance?  
Why?

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- 2) Did your muscles or jaw joints feel better, worse or about the same?

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- 3) Where did you feel the first contact when the appliance was taken out?

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- 4) Any additional comments?

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