

Lexington Dental Care

Post-visit instructions

Deprogrammer

To Clean your Kois Deprogrammer, soak in Dr. B's appliance crystals([link](#)) or a 1:1 part mixture of white vinegar to water, and then brush gently in cool water.

Do not wear appliance if causes discomfort. Please call the office for an adjustment if necessary.

To get the best results, wear the Deprogrammer as much as possible night and day except when eating or cleaning teeth. When removing Deprogrammer in the morning close your teeth together and make note of which teeth touch first. When you notice that the same teeth touch every morning, then your jaw muscles have been "deprogrammed" and you are ready to have the bite checked by the Dentist.

Be careful not to wrap the appliance in tissue when not using as it may inadvertently be thrown away.

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