



Wholehearted Dental

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Kois Deprogrammer - Instructions

A **Kois Deprogrammer** is a removable appliance that keeps your back teeth apart so your jaw muscles can relax. This helps your dentist find your most comfortable, stable bite position.

How to Wear It

- Wear as much as possible, including during sleep.
- Remove only for eating, brushing/flossing, or brief special occasions.
- The more you wear it, the more predictable the results.
- Clean your appliance every time you brush your teeth.

What to Expect

- Speech: May change for a few days; reading out loud helps.
- Muscle soreness: Normal at first, improves as muscles relax.
- Tooth sensitivity: Lower front teeth may feel sore if you clench — keep your jaw relaxed.
- Bite changes: Usually small, but often feels more comfortable.

Next steps:

- First Point of Contact (FPC): When you remove the appliance and close, note which one tooth touches first. This is your new FPC. Once your muscles are fully relaxed (“deprogrammed”) and your FPC is the same spot every single time, we will record this new bite position. **Please wear the appliance for as long as possible the morning of your appointment and arrive with it in place**, so we can take an accurate bite record.
- The goal is then to figure out how we can bring all your teeth into contact in this relaxed bite, either through an occlusal equilibration (reshaping certain teeth) or orthodontic treatment.
- Stopping use: If you stop wearing the deprogrammer without further treatment, your bite will usually return to its original position within a few hours.