

Deprogramming Appliance Patient Instructions

You may experience significant relief of current symptoms.

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

Remove daily for oral hygiene. Brush and rinse appliance in cool or luke warm water.

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

You should not experience additional discomfort after 24 hours of use.

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

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