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Your Kois Deprogrammer Appliance

The Kois deprogrammer is utilized to relieve pain and tension in the muscles of the jaws. It will also relieve pressure on the back teeth. It was made popular by a wonderful dentist, Dr. John Kois, who practices and teaches near Tacoma, Washington.

- 1) Please wear the appliance as much as possible. With time, you will be able to speak almost normally with it in place. Initially, you may wear it an hour or two before bedtime, then attempt to wear it throughout the night. If necessary, you may wear it 24 hours a day for several weeks. Remove it for eating, brushing your teeth, and to clean it.
- 2) To clean the appliance, you may use warm water, soft soap, and a toothbrush. Brush it thoroughly once daily, preferably right after removing it, to remove any plaque and proteins.
- 3) On removing the appliance, you will likely notice that your teeth do not fit together immediately. Usually only one side “hits” first. This is due to the lower jaw fitting into its physiologically stable position and the jaw muscles working in harmony. The teeth do not always fit to that position, hence one side contacts first when biting. The teeth and jaws will re-adapt, usually over the first hour or so without the appliance. Please note and monitor which side touches first so that we can determine if it remains stable.
- 4) The appliance may be used later as an aid in equilibrating, or adjusting, the teeth into a better alignment. If you are a candidate for this procedure, the appliance and the cusp tips of your teeth will be modified over several appointments to gain harmony and stability in the temporomandibular joints (TMJ’s), jaw muscles, and teeth. This will result in an extremely comfortable and stable bite or “occlusion.”
- 5) **Always wear your appliance to your next dental appointment.**
- 6) Keep the appliance away from excessive heat, cold, and pets. Pets seem to know how well the appliance works, and they will try to chew it to fit their own mouth! If the appliance is not in your mouth or in your hand, please place it in its case.
- 7) Please inform us of any discomfort that may be attributed to the appliance, i.e. sore gums, sore jaw, or sore teeth.