Deprogrammers made Easy
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Deprogrammers can be used for...
- Headache sufferers
- Bruxers and/or clenchers
- Muscle relaxation
- Determining proper joint position
- Protection against wear
- Diagnosis

How do deprogrammers work?

When just the anterior teeth are in contact, the total amount of muscle contraction force the patient can achieve is only 30% compared to MIP / CO (Maximum Intercuspatation / Centric Occlusion). The lateral pterygoid muscles relax allowing the temporal mandibular joints to seat into their most comfortable position.

Deprogrammers allow muscle relaxation by removing all occlusal interferences, and any habitual functional movements the patient has developed to avoid pain. If a patient has more than normal muscle tension or soreness during a load test* or during overnight wear, this can be an indication of an intracapsular joint issue. A deprogrammer is contraindicated in these cases.

*For more information on load testing, ask about Great Lakes “Patient Screening Guide”
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**Wear Duration & Treatment Planning**

Deprogrammers should only be worn when the patient goes to bed each night (up to 12 hours per day). Make sure the patient knows not to wear the deprogrammer any longer than this as super-eruption of non-contacting teeth can occur (with the exception of the “B” Splint dual arch).

Make the patient aware that if their bite feels “unusual” in the morning after removing the deprogrammer, it should feel normal again after the patient eats breakfast. If it doesn’t, instruct the patient to come in for evaluation. This is especially true if the patient will be wearing the deprogrammer long term.

If the patient is in more pain after wearing their appliance, this can be an indication of an intra-capsular joint issue. The patient should discontinue use and contact the dental office.

Depending on the treatment plan, the time period the patient continues to wear their deprogrammer can vary. Patients may find relief after a couple weeks wear and can use the appliance whenever pain reoccurs. For other patients, once the masticatory muscles have been relaxed allowing the joints to seat in a comfortable position, a treatment plan can be developed. Instruct the patient to wear their deprogrammer for at least one hour prior to their appointment in order to take a CR bite. With the models mounted on an articulator using the CR bite, the method to treat the occlusal-muscular problem can be discussed.

Depending on the patient's condition and needs you may choose:

- Equilibration
- Orthodontics
- Surgery
- Full arch splint wear
Great Lakes Splint Specialist
Support is only a phone call away!

We will help you:
• Select the deprogrammer that’s right for your patient
• Get the results you want from the Lab
• Adjust and seat the deprogrammer

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