

DEPROGRAMMER

The deprogrammer is a retainer like appliance, which allows Dr Fleming or Dr Horng to evaluate the stability of your bite.

Every time you chew or swallow you must adapt your jaw to the best fit for your teeth. If this fit is not ideal for your jaw joint and muscles, you will be at higher risk for experiencing facial pain as well as worn, broken or loose teeth.

The deprogrammer removes the influence of your teeth from your chewing system by preventing them from interlocking and reinforcing the position of your existing bite. This allows your lower jaw to relax into a more comfortable position.

Once your lower jaw has fully relaxed, Dr Fleming or Dr Horng will be able to provide you with treatment options for maintaining your bite in this new, more comfortable position.

Who is it for?

If you are someone who has any of the following symptomatic problems, you will benefit from having your bite analysed with the deprogrammer for potential treatment:

- An inability to chew thick breads comfortably
- An inability to chew rice with your back teeth
- An inability to chew only one piece of gum
- You do not know how your teeth “should” fit together
- You have worn front teeth, chipped or cracked back teeth, cracked fillings or loose teeth
- A sore jaw
- Tight jaw muscles
- You need your front teeth renewed with veneers or crowns

How does it work?

When the deprogrammer locates a bite that works best for your muscle, jaw joints and teeth, it allows us to manage your bite forces. The deprogrammer allows your jaw to “seat itself” into the joint. When it is not seated, there are sometimes problems that need treatment.

The seated position allows less wear and tear to your teeth, dental work and jaw joints. This presents predictably less dentistry over your lifetime.

This means:

- Lower risk of needing crowns in the future
- You're existing crowns will not wear as quickly
- Lower risk of fracturing teeth or fillings
- Less joint pain
- Less over compression of the disc in the jaw joint
- And overall stronger teeth that experience less excessive structural damage/fatigue caused by the unnecessary forces of a poor bite position

The improved bite position, found by the deprogrammer, will allow less destructive forces as it provides a more coordinated jaw musculature.

What happens after the deprogrammer?

Sometimes we just need to realign or fine tune the old bite with only one appointment that involves no anaesthetic. The adjustments are minute and precise to a definitive end point. Sometimes we build you a new "custom bite". Either way, an individualised treatment plan is designed and presented to you, especially for you. You can see why we consider this to be the first truly anti aging device for your teeth.

Frequently asked questions

1. How long do I need to wear my deprogrammer?

You can expect to be recommended to wear the deprogrammer for up to 1 month. During this time it should ONLY be taken out of your mouth while you are eating meals and cleaning your teeth.

2. How does my deprogrammer feel in my mouth?

The deprogrammer is designed to be as comfortable as possible. Within a few days you will likely have adapted to talking with it in your mouth. Some people initially experience soreness in their chewing muscles which resolves as their muscles relax.

3. How much will my bite change?

The change in your bite is usually very slight, although the improvement in the feel of your bite after wearing the deprogrammer can be dramatic.

4. If I decide not to proceed with treatment after wearing the deprogrammer will my bite remain changed?

No your chewing system will adapt back to your original bite after a few hours of leaving the deprogrammer out of your mouth.

5. How do I care for my deprogrammer?

Clean your deprogrammer every time you clean your teeth. Gently brush your appliance with a small amount of toothpaste on your toothbrush and rinse with ward water. Anytime the deprogrammer is out of your mouth, keep it safe in its retainer box.