

TIPS FROM OUR READERS

Fabricating an inexpensive leaf gauge deprogrammer from panoramic radiographic film



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An engram is a memorized pattern of muscle activity which results in deflection of the mandible and thus an error while recording centric relation position. Deprogrammers are those devices that eliminate this

engram and consistently place and secure the condyles in the centric relation position.¹ Muscle deprogramming is achieved by placing a deprogrammer in the anterior region to prevent posterior occlusal contacts.

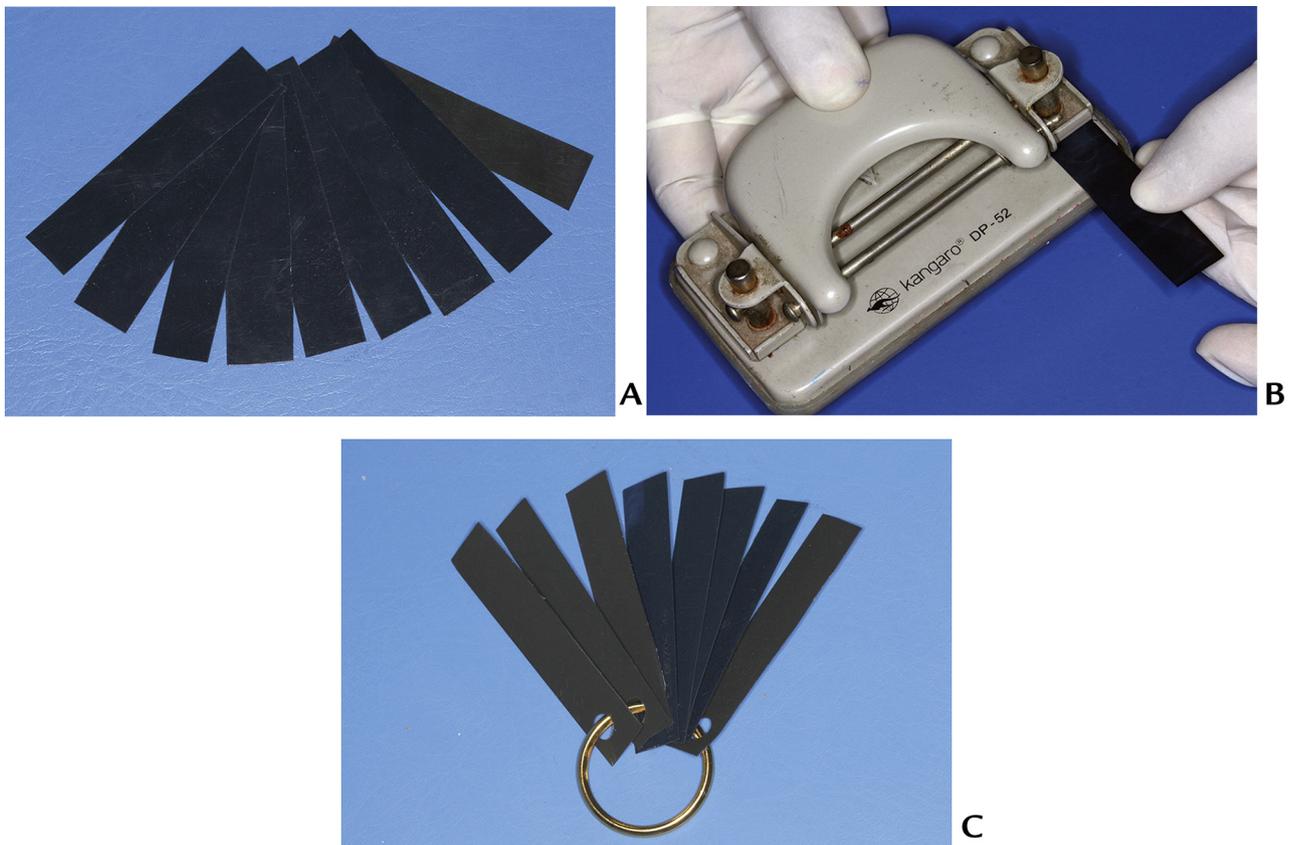


Figure 1. A, Leaves made from panoramic radiographic film. B, Hole punched through each leaf. C, Leaves attached to metal keychain ring.

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Figure 2. Muscle deprogramming using leaf gauge from panoramic radiographic film.

This allows the lateral pterygoids to relax, which results in the condyles seating in the centric relation position.² Leaf gauge deprogrammers, introduced by Long,¹ are effective for deprogramming muscles. The use of a leaf gauge made from unexposed panoramic film processed to remove the emulsion layer has been described.³ This straightforward technique enables the clinician to fabricate an inexpensive leaf gauge deprogrammer from unwanted panoramic radiographic film.

TECHNIQUE

1. Select an unwanted panoramic radiographic film (Extraoral film 15×30 cm; Carestream Dental LLC) and draw a 15×60 mm outline with a marker.
2. Cut the marked area with scissors. Make 10 such strips (Fig. 1A).

3. Punch a hole at the end of each strip (Paper Punch DP- 52; Kangaro Group) (Fig. 1B).
4. Attach all the leaves to a metal keychain ring through the punch hole (Fig. 1C).
5. Place the deprogrammer in a dental sterilization pouch (Sterilization Pouch; Ayka Medical Inc) and autoclave it.
6. Have the patient sit in upright position and place a few leaves between the maxillary and mandibular anterior teeth (Fig. 2).
7. Initially, the patient will have no posterior tooth contact, but eventually the posterior teeth will contact after superior movement of the condyles.
8. Increase the number of leaves until the posterior teeth do not contact to achieve posterior tooth disocclusion.

REFERENCES

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