

Vivera Retainer Instructions

How to use your new retainers:

- Place retainers gently with your fingers: never bite to place your retainers. Don't flip or manipulate them with your tongue as this will warp or distort your retainers, or lead to breakage.
- The retainers are to be worn every night.
- For Invisalign Patients: For the first two weeks following Invisalign completion wear your Vivera retainers for 20 hours a day, then for weeks 2-4 wear them for 16 hours then weeks 4-6 for 12 hours and then every night as directed by your dentist

How to care for your retainers:

- Brush and floss teeth prior to wearing retainers, use at night or as directed by your dentist
- Retainers are made of a thermoplastic material that is sensitive to excessive heat, so they should be kept away from heaters, dishwashers, car dashboards or any place where the temperatures exceed 115 degrees (F°).
- Retainers should be kept in the proper retainer case when they are not in the patient's mouth.
- Keep away from any family pets, as they like to chew on them.
- Clean before and after placement in the mouth. Because the material used for fabrication is slightly porous, plaque tends to cling to the surfaces. Gentle scrubbing with a toothbrush and a mild liquid soap will remove the plaque. A denture cleaning solution, or clear retainer cleaner, will aid in the removal of plaque and tartar. Be sure to rinse the retainers thoroughly after cleaning to remove any cleanser residue.
- Because retainers are worn for years, they will need periodic replacement. With your Vivera treatment you are given four identical sets of retainers so you have backups for when the old retainers are worn down. Some patient require new sets of Vivera retainers every 3 years, other prefer to wait longer.

Enjoy your new retainers!