

VIVERA RETAINERS

Post-Care Instructions

You've just completed Invisalign! Vivera retainers play an important part in preserving your smile that you've invested in. It is important to follow post-care instructions to help preserve your new smile.

INVISALIGN RETAINER HOME INSTRUCTIONS

- Following Invisalign treatment, you will be required to wear retainers. We recommend and prepare Invisalign Vivera® retainers for you.
- Retainers should be worn at all times for the first 3 months following orthodontic treatment and retainer delivery.
- After 3 months, you can start to reduce the amount of time retainers are worn and eventually go to night time wearing only. If you start to feel tightness or your teeth shifting, increase retainer usage.
- You will need to replace retainers overtime as they wear down from usage. If you have bruxism (grind your teeth), you will need to replace your retainers more frequently.
- If you lose your retainers, call your doctor immediately to prepare a new set.

Insertion and Removal:

Brush and floss your teeth before every insertion. If there are food debris in your teeth when retainers are inserted, this may interfere with the retainer (and therefore your teeth may shift) and may also impact your oral hygiene.

When inserting, gently push the retainer over your front teeth. Then, apply pressure to the tops of the left and right molars until they snap into place. DO NOT bite your retainer into place.

Make sure each retainer is ALL THE WAY DOWN and fully seated. You should not see any space between the edge of the tooth and the edge of the retainer. If the retainer is not fully in place, the teeth may move.

To remove the retainer, pull off equally on both sides of the back teeth first, and then gently lift off the front teeth. Always rinse the retainer in cold water and store in the proper container. To prevent damage, avoid unnecessary removal. Do NOT use sharp objects to remove your retainers.

Storing Retainers:

Always place the retainers in the cases provided. Never place retainers in napkins or any other case. Never place it in a pocket that can be sat on.

Care of Retainers:

Clean your aligners prior to each insertion using your toothbrush. Rinse under running water and brush until clean.

Once a week you can soak your retainers in Retainer Brite. You can purchase these on Amazon.

Retainer Brite instructions: fill a cup with warm tap water, drop 1 Retainer Brite tablet into the water, place retainers in the water making sure they are fully submerged, when the water turns from blue to clear (~20 minutes) the retainers are clean, rinse the retainers under cool running water. Never use denture cleaner or soak in alcohol or bleach, as they will be damaged. Do not place retainers in boiling or hot water to clean, as they will be damaged.

Other Questions:

Oral Hygiene: Brush and floss normally with the aligners out. Try to brush after eating and before re-inserting retainers. Large food particles may prevent proper insertion.

Eating: There are no food restrictions with Vivera Retainers. However retainers must ALWAYS be removed when eating.

Drinking: Except for cold or room temp water, always remove retainers while drinking anything. Any fluid will get inside the retainer and be held against your teeth possibly for hours and can cause staining or damage the teeth and retainers.

Chewing Gum: Do NOT chew gum while wearing retainers.

Smoking: It is advised NOT to smoke while wearing the retainers. It will stain the retainers and teeth.