

## **RETAINER INSTRUCTIONS**

### HOW AND WHEN TO WEAR

1. It is important to wear your retainers every night to prevent teeth from moving. You are given 4 sets of Vivera retainers in your box. They are to be worn as follows:
  - a. For **6 weeks**, wear the first set **22 hours** per day just like the aligners to ensure no movement occurs immediately out of aligners
  - b. After 6 weeks, in this same set, start eliminating 4 hours of aligner wear per day for a week until you reach 8 hours per night (or day) in the retainers. For example the first week wear 18 hours /day. The next week, 14 hours/day. Then 10, then 8. You will wear the retainers for 8 hours per night permanently.
  - c. Once you get to 8 hours of wear, switch to set 2 of the retainers. You will wear this set for 1-2 years or until you notice it has lost its memory, or it has broken.
  - d. The next 2 retainers will be extra for when the 2nd/3rd one wears out or as a backup if they are lost or damaged
2. If you forget to wear your retainers, wear them full-time for a few days to realign your teeth. Your teeth may be sore while they realign. If you cannot push the retainer in place or it does not fit, call our office as soon as possible.
3. NEVER eat anything while wearing your retainers. It's OK to drink water while wearing the retainers, but remove them if you drink other beverages.

### STORING RETAINERS

1. Always store retainers in your retainer case in a safe place. ALWAYS keep your retainer in a safe place when you are not wearing it. Do not leave it in your car during the summer – heat will distort the plastic. Keep your retainers away from pets (pets will chew on the plastic)!

### CARE OF RETAINERS

1. Clean your aligners when you brush your teeth morning and night. You can use a toothbrush and toothpaste daily. Rinse under running water and brush until clean.
2. Monthly, you may use soak in denture cleanser or a white vinegar solution to help with staining or tartar buildup
3. Do not place aligners in boiling or hot water to clean, as the heat will distort the plastic.
4. Bring your retainers with you to your dental cleanings. We will clean them in the ultrasonic cleaner.