



Vivera Retainers

Now that Invisalign treatment has been completed, you are required to wear your Vivera retainer every night.

If you stop wearing your retainers at any time, there will always be the risk that your teeth will shift out of alignment.

*** Unlike the aligner trays you used during active treatment, all four of the Vivera Retainers are identical and can be used in any sequence. We recommend you use one retainer regularly until it is no longer in good, functional condition.**

*** Breakage and cracking of the retainers can occur. If a retainer cracks, discard it immediately. Continue regular use of all of the retainers until only one remains in good, useable condition. At such point, we recommend a new set of four retainers be ordered. This process will likely not be necessary for at least the first five years after completion of the initial orthodontic treatment.**

*** Clean the retainers after every use with your toothbrush and toothpaste under cold water. Bi-Weekly cleaning with Invisalign Cleaning Crystals or Polident Retainer Cleanser is also recommended (please follow package instructions.)**