

RETAINER INSTRUCTIONS – INVISALIGN VIVERA RETAINERS

It is very important to wear your retainer(s) as instructed to keep your teeth nice and straight. After you complete orthodontic treatment, your teeth are still a little bit loose, and generally take approximately 4-6 months to stabilize. Even once your teeth are stabilized, they can still move. Nothing in your body ever stays the same, including the position of your teeth. That is why it is recommended that you wear your retainers at least 8 hours per night *for life*. This will be a small price to pay to preserve your new and improved smile after your hard work during orthodontic treatment with Invisalign. **It is now your responsibility to keep your teeth straight and to maintain the correction we achieved with orthodontics.**

WEARING YOUR RETAINER(S): If you would like to maintain the orthodontic correction you achieved with orthodontic treatment, you **MUST** wear your retainers *nightly*. We recommend you wear your retainers at least 12 hours per night for the first 4 months after active orthodontic treatment is completed while your teeth stabilize. After the first 4 months, you can then wear them at least 8 hours per night, for life. If the retainer(s) do not fit, please call and let us know immediately. Do not wait until your next appointment as the teeth can shift very quickly. Once the teeth have shifted, it is *very* difficult to re-align them with only a retainer, and additional orthodontic treatment may be indicated for re-alignment (at an additional fee).

STORING YOUR RETAINER(S): When your retainer(s) are not in your mouth, you **MUST** put them in the case that is provided to you. **DO NOT** wrap your retainer(s) in a tissue or napkin, as this is how they can get thrown in the garbage. **DO NOT** place your retainer(s) in your pocket unless they are in the case, as this is how they can break. The case will protect your retainer(s) from getting broken. **If your retainer gets lost or broken, there is a fee to replace or repair it.**

CLEANING YOUR RETAINER(S): It is important to keep your retainer(s) clean. You should clean them at least once a day (in the morning when you take them out). We recommend that you soak your retainer(s) briefly (about 2-3 minutes) in 2% or 3% hydrogen peroxide to disinfect them. You can also use RETAINER BRITE (sold on Amazon) and follow the instructions on the package. After soaking/disinfecting your retainers, you should brush them gently but thoroughly with a soft toothbrush under cold running water (**NO toothpaste**). Make sure to brush off ALL the plaque and debris – if you leave any plaque or debris on the retainer, it will calcify and be impossible to remove later. If you use toothpaste to brush your retainer(s), it can scratch the retainer(s), and make them harbor bacteria and look cloudy and dull. Make sure you keep your retainer(s) nice and clean and they will last for a long time. **DO NOT** boil or microwave your retainer(s) – they melt!

THINGS TO AVOID: **DO NOT** wear your retainer(s) while eating, brushing, playing sports, or swimming. **DO NOT** wrap your retainer(s) in a tissue or napkin. **DO NOT** place the retainer(s) in your pockets unless they are in the case. **DO NOT** leave the retainer(s) in the reach of pets, because they love to chew them. **DO NOT** try to adjust the retainer(s) yourself – call us for an appointment for a retainer adjustment. **DO NOT** subject your retainer(s) to excessive heat, because they will distort.

RETAINER CHECKS: We will continue to see you periodically for retainer checks for approximately one year after your active orthodontic treatment has been completed. **It is important for you to bring your retainer(s) to every retainer check appointment to be evaluated by the doctor.** After approximately one year of retainer checks, you will “graduate” from our office. This means that you will still need to wear your retainers as instructed (every night, 8 hours per night, for as long as you want straight teeth!), but that you will no longer be scheduled for regular appointments. After your “graduation”, if you would like to come in for an appointment, all you need to do is call for an appointment. **You are always welcome!** Retainer checks after one year of completing your active treatment will be subject to a minimal office visit fee.

DENTAL WORK: If you require dental work such as crowns, bridges, implants, and/or fillings, it will likely negatively affect the fit of your retainers. In most cases, the retainer will not fit at all over a new filling or other dental restoration. Please call us for an appointment **right away** if your retainers are not fitting properly due to dental work. In some rare instances, it is possible to adjust the retainers around the dental restorations, but in most cases, new retainers will have to be made. There is a charge associated with the fabrication of new retainers.

BREAKAGE: We have found from experience that retainers last at least 1-2 years when worn and cared for properly. However, they are delicate, and they cannot withstand rough handling, twisting or abuse, so please take good care of them. **Retainers do not last forever – you will eventually need replacements! If your retainer(s) get lost or broken, call the office as soon as possible to have replacement(s) made. Do not wait – your teeth can shift at any time throughout your lifetime.** If your retainer(s) are lost, broken, or need to be replaced for any reason, there will be a charge to cover lab fees and/or office expenses to repair or replace them. **If your teeth have shifted beyond the point that your retainer can correct them, you will be responsible for additional treatment fees to re-align your teeth with either Invisalign or fixed braces.**