

instructions for vivera® retainers



what are vivera retainers?

Vivera retainers are clear plastic retainers that help hold your teeth in place once orthodontic treatment has been completed. It is a direct copy of what the teeth look like after treatment.

You will receive 3 identical copies of the retainer, which means if you lose one, you have 2 others to wear immediately.

wearing your retainer

When wearing your retainer, it should fit like a glove over your teeth. There should be no excess plastic sitting on your gums or pressure on the teeth.





fitting

When fitting your retainer, always make sure you look into a mirror so that you can correctly position the retainer. Once your retainer is in the correct position, simply use your fingers to push against the plastic and the retainer will click into place.

removal

When removing your retainer, always use your index fingernails to pull downwards on the back of the retainer. To remove the lower, use your thumbs and push up. Ensure that you always remove from the back of the retainer, this will make your retainer last longer. If you remove from the front you run the risk of putting too much pressure on the retainer and your teeth.

wear

You will wear your retainer every night until otherwise instructed by your doctor or hygienist.

cleaning

Your retainer should be cleaned every day with a soft toothbrush and warm running water (not hot water). The best time to clean your retainer is usually when you brush your teeth, as you will be near a sink and the retainer needs to be removed anyway.

As you will be wearing your retainer full time for 2 weeks, rinse your retainer under running water in-between brushing after meals.

Cleaning tablets such as Sterident or Retainer Brite may also be used occasionally if the retainers develop an odour over time.

what you get today

- A retainer case. A safe place to keep your retainer when it's not in your mouth or being cleaned.
- A sample of Retainer Brite. This is for you to use once every few months. Place tablet and retainer in a glass of water for 15 minutes and then brush with the baby toothbrush to give it a thorough clean. You can purchase more from our reception desk.

important

Please remember that not wearing your retainer may mean your teeth could relapse to their original positions.

If you lose or break your retainer, or if it's not fitting as well as it used to, make an appointment to see us as soon as possible. There will be a fee to replace a lost or broken retainer.

Always use cold or luke-warm water to clean your retainer. Boiling or very hot water will melt and distort the plastic which will affect the fit.

Keep your retainer safe from family pets especially dogs, as they can smell the saliva on them and will chew them up! It is quite a common mishap.

Please bring your retainer/s with you to every appointment.