

## RETAINER QUICK FACTS



The Vivera Retainer is a product from Invisalign that is meant to maintain teeth that have been aligned. It is a clear removable retainer that is thicker and tougher than the typical Invisalign aligner. Vivera retainers are made using 3D imaging, thermoplastic material, and Invisalign's proprietary technology. Vivera retainers are very similar to aligners and quite comfortable.

**If you just finished Invisalign treatment, wear your retainers for 3 months all the time (except when eating and drinking) and every night, after that, forever.**

The first year after completing Invisalign treatment is when your teeth are establishing themselves in their new positions so having tight, well-fitting retainers is critical. If you notice any shifting of your teeth when you move to night-only wear, wear your retainers for 24 hours a day for an additional month. If after that additional month your teeth are still shifting when you move to night-only wear, please contact us immediately.

Your first set of retainers will last the least amount of time since you are wearing them all the time. After 3 months, try in your second retainer (this is why we recommend the Vivera 4-pack of retainers) so you compare the first and second retainers. If the first retainers feel loose as compared to the second, switch to the second retainers; if they feel similar, keep wearing the first and check again in a month. Once you switch to new retainers, repeat the comparison process again in 3 months. Write on the retainer package the date you started using it so you can easily keep track of retainer use. Besides loss of elasticity, change your retainers if they are cracked or if you have worn through the biting surface. If you continue to use broken or non-retentive retainers, your teeth will move.

If you chose the Vivera 4-pack, typically the 4 sets of retainers should last you between 1 to 3 years. Every patient is different. When you are on your last set of retainers, please call us and we will order you a new set of 4 Vivera retainers – no appointment needed. Retainers are your insurance policy that your teeth will remain aligned. The small cost of paying for new sets of retainers pales in comparison to having to pay to redo Invisalign because your old retainers were not holding your teeth in place.



Retainers should be cleaned with a toothbrush and water every time you brush your teeth. Toothpaste can dull the finish of your retainers. If calcium is depositing on your retainers, soak them for 15 to 30 minutes using a cleaning tablet or in a solution of white vinegar. Pets love to eat retainers, so please put them in the provided case when they are not in your mouth.

Bring your retainers to all dental appointments so we can professionally clean them for you. We work to ensure that any future dental work will fit under your retainers. If the new dental treatment is extensive, you will need new retainers to be manufactured for a fee.

As an added benefit, use whitener in your Vivera retainers to whiten your teeth. We have Opalescence overnight and 30-minute wear whitener for purchase (\$40 for a 10-14 day supply). Remember to whiten your teeth at least once a month (after your initial period of whitening) to maintain your brighter smile.

Insert your retainers with Munchies Maintain to ensure the retainers are all the way down on your teeth (Vivera retainers are more rigid than aligners). You can also use Munchies Maintain as directed for teeth you are concerned are shifting. <https://www.orthomunchies.com/munchies-maintain>



Always call or email with questions! 781-438-2700 or [info@lunddental.com](mailto:info@lunddental.com)

**When someone compliments you on your new, beautiful smile, please send them our way. They will receive \$100 off their Invisalign treatment, and you will receive \$100 off your next set of retainers!**

**Send your friend and family to <https://lunddental.com/invisalign-treatment/> to reserve a virtual Invisalign consultation.**