



## **Congratulations on Completing Invisalign!**

You are now entering an important phase of your treatment – the Retention Phase - to maintain your beautiful smile. The retention phase of orthodontic treatment signifies the end of active orthodontic treatment and indicates that you and your doctor are satisfied with the current final position of the teeth. Completed orthodontic treatment does not guarantee perfectly straight teeth for the rest of your life. Teeth have a memory and often try to move back to their original positions. Retainers are required to keep your teeth in their new positions.

It is absolutely critical that you comply with your doctor's retention instructions if you wish to protect your hard work and investment made during active treatment. This is the most critical part of your treatment and is essential to maintaining your results.

### **SIGNIFICANCE OF SMILE RETENTION**

The retention phase of treatment comes after tooth movements using the aligners have been completed. Due to the tendency of teeth to shift in the human dentition, you can expect that your teeth will naturally begin to shift back to their original position once your prescribed course of clear aligner treatment is complete UNLESS you wear your retainers as directed.

You **MUST** wear retainers provided by your doctor for life. This is the most critical part of your treatment and is essential to maintaining your results.

The single set of retainers included with your initial investment will last most likely 3 to 6 months. They should be replaced due to wear or issues with firmness or cleanliness. There is a fee when you order new retainers. People who clench and grind will need to replace their retainers more frequently than patients who do not clench and grind.

### **RETAINER INSTRUCTIONS & RESPONSIBILITIES**

For the first 3 months, wear your retainer 24 hours a day. After that, wear it at night only. If you notice any shifting of your teeth when you move to night-only wear, wear your retainer 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.

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.



Insert your retainers with Munchies Maintain. You can also use Munchies Maintain as directed for teeth you are concerned are shifting.


<https://www.orthomunchies.com/munchies-maintain>

## **MUNCHIES<sup>®</sup>**


### **Maintain: Quick Start Guide**

Use Munchies Maintain every night to ensure your clear retainers are seated as accurately as possible and to help maintain the position of your teeth after orthodontic treatment.


**1.** After brushing and flossing your teeth at bedtime, simply insert your clear retainers and put your top teeth into the larger groove on the Munchies Maintain device and bite your bottom teeth against it. Bite on all your front teeth for about 20-30 seconds, you will feel your clear retainer fitting far better.



**2.** With your retainer in place, Put your bottom teeth into the smaller groove on the Munchies Maintain device and bite your top teeth against it. Bite on all your bottom teeth for about 20-30 seconds.



**3.** Next, with your retainer in place, put the ridged end of the Munchies Maintain device between your back teeth on one side of your mouth and bite up and down for 30 seconds. Repeat on the other side of your mouth. You will feel your clear retainer fit far better.



**4.** Repeat this process each time you insert your clear retainers at bedtime.

### **KEY PATIENT RESPONSIBILITIES**

- **FOR PATIENTS WHO JUST COMPLETED INVISALIGN:** Wear the removable retainers 24 hours a day (except when eating or drinking anything but water) for the first 3 months, followed by “night-time for a lifetime” wear.
- **FOR PATIENTS WHO ARE ORDERING NEW RETAINERS:** Wear the removable retainers every night, forever.
- Keep the removable retainers in the proper case when not wearing them.
- Maintain scheduled follow-up appointments as recommended.
- Bring all removable retainers to all dental appointments so we can professionally clean them and check fit.
- Call the office immediately a retainer breaks or is not fitting properly.

### **WHY WE RECOMMEND UPGRADING TO GET 3 EXTRA SETS OF RETAINERS**

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,

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and Invisalign's propriety technology. Vivera retainers are very similar to aligner and quite comfortable.

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.

While one set of retainers is included with your Invisalign treatment, we recommend you upgrade to receive 3 additional sets of retainers. Why? Your first set of retainers will last the least amount of time since you are wearing them all the time. After 3 months, those retainers will start to wear out. If you have upgraded to the extra retainers, you will have new, fresh retainers to which you can compare the retainer you have been wearing. 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 surfaces. If you continue to use broken or non-retentive retainers, your teeth will move.

If you choose 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.

### **LINGUAL BARS (only applicable to certain patients)**

Upon completion of your clear aligner treatment, lingual bars may be installed for an additional fee. These are rigid metal reinforcements placed behind your teeth to prevent them from moving. You must clean around your lingual bar carefully and diligently every night to prevent plaque and gum disease.

### **BREAKING OR LOSING YOUR RETAINERS OR LINGUAL BAR**

Each retainer is custom-made to exacting standards. However, a retainer may break if, for example, it is forced into place after the teeth have moved as a result of not wearing it as prescribed. Please note that retainers can be easily crushed if not kept in the case

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when not being worn. Also, keep in mind that hot air or hot water will distort your retainers, ruining their fit and function and possibly causing them to break.

The lingual bars can break with excessive force and pressure, so you must be careful not to use any unnecessary force while biting and chewing.

If either your retainers or lingual bars are lost or broken, call immediately.

### **NEW DENTAL WORK**

Any dental work that you know is needed should be completed prior to having the digital impression for retainers. You may need to have new retainers made if dental work is completed after the retainers are made. We do our best to have new dental work fit under old retainers, however often it is impossible. If new retainers need to be manufactured, there is a fee.

### **WHITENING**

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.

### **FEES**

If you require additional treatment because of your failure to comply with your doctor's retention instructions, there will be additional charges to redo clear aligner treatment and have retainers manufactured.

Your initial set of retainers is included in the Invisalign fee. Once those have cracked, broken, or lost their elasticity, please contact us, and we will order you additional retainers for a fee. If you continue to use broken or non-retentive retainers, your teeth will move. The initial retainer usually last 3 to 6 months.

If new retainers need to be made due to new dental work, there is a fee. If your lingual bar needs to be replaced within 1 year, it is under warranty. After 1 year, there is a fee.

**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!**