

VIVERA RETAINERS

**CONGRATULATIONS ON
THE COMPLETION OF
YOUR TREATMENT**

Now your new smile needs to be reinforced and stabilised with retainers. The oral cavity is a dynamic environment and it is constantly changing through life, therefore, **retainers must be worn after treatment to hold your teeth in place.**

Your teeth have a high risk of moving back towards their original position without retainers.

HOW LONG DO I NEED TO WEAR MY VIVERA RETAINER FOR?

Retainers are to be worn for as long as you want your teeth to remain perfect!

Long-term vivera retainer wear is the only way to ensure your teeth remain in position.

Initially, retainers must be worn full-time, apart from:

- During meals.
- Tooth brushing.
- Contact sports.
- Swimming.

Your orthodontist will provide further instructions as to when to start wearing them at nights only.

- Your speech may sound awkward at first. Don't panic!! Just practice reading aloud, it will help to improve your pronunciation. You may have more saliva in your mouth than normal, this will stop as you become used to your vivera retainer.

LOOKING AFTER YOUR VIVERA RETAINERS:

Retainers could last for a long time when well maintained. Make sure you do the following:

- Poorly fitting retainers: if you forget to wear your vivera retainers your teeth could move making it very tight when you put them in again. If this happens wear the retainers for 3-5 days full time until the teeth have moved back and they feel comfortable again before going back to night wear.
- Spare Sets: You have been provided with 3 identical copies. No need to change to another set until the previous set has been lost, worn through or cracked. Usually after about a year's time.
- Storage: place them in the protective case provided whenever they are not in your mouth. Make sure you add your details on it in case it gets lost. Avoid wrapping in tissues and putting them in your bag without the case.
- Taking them off: when removing your retainer, do not pull from the front, as it will make it difficult to remove them. Try to do it pulling the posterior section first and then moving towards the front.
- Cleaning: simply brush them with a toothbrush and liquid soap after removal daily. Do not use toothpaste on your retainer as

Review appointments

- You will still need to see the Orthodontist occasionally for a check of stability but these appointments are quick.

Bring your vivera retainers with you every time!

- Do not hesitate to call us **before** your due appointment if needed due to excessive tooth movement, lost retainers or poor fit.

