

A set of Vivera retainers

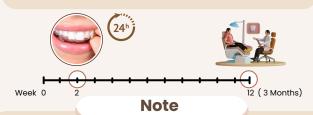
A Vivera Retainer set comes with 3 pairs of custom-made appliances.

Wearing Vivera retainers

Wear Vivera retainers for at least 22 hours/day for 12 weeks, or as advised by your orthodontist, to stabilize teeth in their new and corrected position.

Checkups

- After 12 weeks of wearing your Vivera retainers, we recommend the retainer check-up visits.
- Your orthodontist will make any necessary adjustments to your teeth or retainers to prevent relapse (teeth shifting back), which is most common during the first six months after orthodontic treatment.



- Change a new pair of Vivera Retainers if they are broken, damaged, lost, or change as your orthodontist recommends.
- Please bring your Vivera Retainers to your check-up visit.
- If you are unable to make your check-up appointment, continue wearing them until your next visit.