

Instructions for Vivera retainers



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.



Note

- 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.