

Instructions for Vivera Retainers

1. Wear your retainer(s) for 21-22 hours per day for three months. Remove them only to eat and brush your teeth. Missing time with your retainer(s) may allow your teeth to move.
2. Always keep your retainers in the case when you are not wearing them. Keep your name and phone number on the case.
3. Clean your retainers prior to each insertion. You may soak your retainers in Fresh Guard for 5 minutes daily. Use luke warm or cold water, not hot. Heat may distort your retainers. Do not use denture cleaner or soak your retainers in mouthwash as these products can damage the surface of the retainer causing it to become dull and more visible.
4. Keep your retainers away from dogs and cats. They like to chew them.
5. Do not leave them in your pockets. They will melt in the clothes dryer.
6. Call Dr. Himelhoch's office if you are having any trouble with how your retainer fits in your mouth.
7. Call immediately if you lose or break your retainers. Too much time without retainers will allow your teeth to move.
8. Do not leave them in the car nor wash them in hot water. The heat will distort them.