ALIGNA
ORTHODONTIE · MONTRÉAL

Vivera™ Retainer Care Guide

> *How to wear, clean, protect, and care for your retainers, so your smile stays exactly where we planned it.*

THE 2 GOLDEN RULES

1. **Wear them every night.** Aim for 8–12 hours of wear every night. Consistency is what helps prevent your teeth from shifting.
2. **Bring them to every dental appointment.** Take your Vivera retainers with you for checkups, fillings, crowns, veneers, or other dental work, your dentist uses them as a guide to your teeth's existing shape.

Your nightly routine

- Brush and floss your teeth before putting your retainers in.
- Rinse your retainers with cool or lukewarm water before wearing them.
- Seat each retainer fully with your fingers, never bite it into place.
- Wear your retainers 8–12 hours every night unless your dental team advises otherwise.
- In the morning, remove them gently, clean them, and place them in their case.

How to clean your retainers

- Rinse them every time you remove them.
- Gently brush inside and outside with a separate soft-bristled toothbrush and cool or lukewarm water.
- For a deeper clean, use a retainer/aligner cleaning product as directed **Novadent**
- Let them air-dry briefly before storing in a clean, ventilated case when possible.

DO

- Keep them in their case when not in your mouth.
- Check regularly for cracks, distortion, or rough edges.

AVOID

- Hot or boiling water, dishwashers, or any heat source.

Protecting Your Smile, Long-Term

If your retainer feels tight

- A little tightness can happen if wear has been inconsistent, return to consistent nightly wear.
- Do not force a retainer that will not fully seat or that causes unusual pain.
- If the retainer suddenly no longer fits, contact your dental team so they can check whether your teeth have shifted or the retainer has changed shape.

If your retainer is lost, cracked, or damaged

- Contact your dental team as soon as possible, teeth can begin to shift when retainers are not worn.
- Do not try to repair a cracked retainer with glue, heat, or household products.
- If you have a previous retainer set that still fits, ask your dental team whether you should use it temporarily.

Travel, restaurants & everyday life

- Keep your retainer case with you when travelling or staying away from home.
- Never leave retainers loose in a pocket, purse, car, or hotel room.
- Keep them away from pets, retainers are a very common chew target. Avoid
- leaving them in a hot car or near a heater, stove, or other heat source.

YOUR RETAINER CHECKLIST

- ✓ Every night: 8–12 hours
- ✓ Every morning: clean & store safely
- ✓ Every appointment: bring your retainers
- ✓ Any issue: contact your dental team

Your retainers are the final step of your orthodontic treatment and the long-term protection for your smile.

This guide complements, but does not replace, the instructions from your dentist or orthodontist. Follow your clinician's recommendations whenever they differ.

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