



Chippewa • Center Twp • Ambridge • Ellwood City • New Castle • Cranberry Twp

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INVISALIGN AND RETENTION

Congratulations! Your active phase of tooth movement with Invisalign is complete and your retention phase is beginning. The reason that you have to wear retainers is that teeth always tend to shift back to their original positions. We will slowly wean your retainer wear to nighttime only to allow the teeth and supporting tissues to adjust.

- Once you have finished wearing your final aligner for 1 week, continue to wear it for an additional 7 weeks until you have achieved a total of 8 weeks wear time.
- Week 9 – remove the aligner for 2 hours per day. Wear at all other times, including sleeping.
- Week 10 – remove the aligner for 4 hours per day. Wear at all other times, including sleeping.
- Week 11 – remove the aligner for 6 hours per day. Wear at all other times, including sleeping.
- Week 12 - remove the aligner for 8 hours per day. Wear at all other times, including sleeping.
- Week 13 – wear the aligner at bedtime only (8-12hours).

Please note that if the aligner is extremely tight when advancing from one step to the next, stay on that step for an additional week.

If for some reason your teeth move, go back to your last few stages of active aligners to straighten them. Then, follow the retention scheme above again.

Invisalign treatment includes AT LEAST one passive upper and/or lower aligner to be worn as retainers following active treatment.

If you desire more than the included passive aligners, you can purchase additional Invisalign Vivera Retainers. These specific retainers are made out of a more durable material lasting AT LEAST a year with proper care. Please ask an assistant for details.

Your next appointment will be to check your teeth, bite and retainers. We will also discuss Invisalign's retainer subscription program if interested. Invisalign offers a "Vivera Subscription Program" where a new Vivera retainer will be shipped directly to your house each year. For more information, see an assistant or our front desk staff.