

VIVERA OR CLEAR RETAINER

Today, you are receiving an appliance called a "RETAINER" to help keep your teeth and jaws in place. The teeth want to shift back to their original positions and the retainer will help prevent this.

- Wear your retainer **24 hours a day for 8 weeks**. You should **ONLY** remove it for eating and brushing. Following eating, brush your teeth and retainer using **COLD** water and toothpaste before putting it back in.
- A retainer case is provided. Please write your name and phone number on it. Brush the retainer before placing it in the case and follow one simple rule: If the retainer is not in your mouth, it must be in the case!
- Follow the daily oral hygiene routine for Vivera or Clear retainers on the last page of this document.
- After 8 weeks, you will have a follow-up appointment. At that time, the retainer will be worn at bedtime only (8-12 hours). We will also discuss our most recent panorex, wisdom teeth if applicable and will review treatment and results.
- **At that time, will also be given a one-time opportunity to purchase backup retainers for a 30% discount since you will already be in the office and a separate appointment will not be needed to scan your teeth and bite.**
- DO NOT leave your retainer or case near any animals! **THEY WILL EAT THEM!** DO NOT wrap the retainer in a napkin or set it down on a plate or table. **IT WILL GET THROWN AWAY!** There is a fee for lost or broken retainers. Call us if this happens!
- Use only your fingers to put the retainer in and take it out.
- When removing, ALWAYS begin to pull the retainers from the back molars and work forward. Removing from the front teeth first can cause the retainer to crack.
- Never bite the retainer into place or use your tongue to remove it. This causes the plastic to bend and not fit properly.
- The retainer will become easier to place and remove after several days. It is normal for the retainer to feel loose. Please bring the retainer to all appointments.
- Once a day, for 15-20 minutes, you can soak the retainers in Efferdent, Polident, or any CLEAR or whitening mouthwash to keep them "fresh" tasting. Never soak them in colored mouthwash. The retainer will stain.

Helpful hint

If your retainers start to get dingy looking, try this mixture to keep your retainers clear again.

- Mix 2 tablespoons of "Oxiclean White ®" powder with 1 teaspoon of "Dawn® liquid dish soap with bleach".
- Use an old toothbrush and scrub your retainers with the mixture. Let it penetrate the retainers for 10 minutes.
- After soaking, brush and rinse your retainers so there is no mixture remaining in them!

CONGRATULATIONS ON YOUR BEAUTIFUL HEALTHY SMILE! -

We are extremely appreciative that you have chosen our orthodontic practice for care. Our practice continues to grow through referrals from patients, friends, and family. We would appreciate a Google review if you are interested. Anyone completing a Google review will receive \$10 on their Rewards Card! On the next page, you can find QR codes to leave a review if interested.

QR Code for each office location for Google Reviews:

Chippewa: <https://search.google.com/local/writereview?placeid=ChIJE7VFDsBzNlgROli06odO-Wo>



Ellwood City: <https://search.google.com/local/writereview?placeid=ChIJ1b3HOjF4NlgR6YMFH93pb48>



New Castle: <https://search.google.com/local/writereview?placeid=ChIJZdmzvhyOM4gRSiOzo57o6Vg>



Center: <https://search.google.com/local/writereview?placeid=ChIJz5wUXCtvNlgRdsCUIlpAbGo>



Ambridge: <https://search.google.com/local/writereview?placeid=ChIJe471OoRnNlgROJ-r9n1gGKQ>



Seven Fields: https://search.google.com/local/writereview?placeid=ChIJ8-BbBXGINlgRBOBkW_9gnkg



Daily Oral Hygiene Routine- Invisalign or Clear Retainers

Morning- after eating breakfast

Brush teeth and aligners/retainers with Spry fluoride free toothpaste

Rinse mouth with Spry mouthwash

Put a thin layer of Spry xylitol gel inside of your aligners prior to placing back on your teeth.

Lunch- after eating lunch

Brush teeth and aligners/retainers with Spry fluoride free toothpaste

Floss if needed to remove visible food particles

After school or work snack

Brush teeth and aligners/retainers with Spry fluoride free toothpaste

Rinse mouth with Spry mouthwash

Put a thin layer of Spry xylitol gel inside of your aligners/retainers prior to placing back on your teeth.

After Dinner

Brush with Spry fluoride free toothpaste

Put a thin layer of Spry xylitol gel inside of your aligners/retainers prior to placing back on your teeth.

Night

Use Water Pik water flosser first to remove all debris and visible plaque

Floss with dental floss to remove any plaque at the contact points of the teeth that the Water Pik cannot reach.

Rinse mouth with Spry xylitol mouth wash- spit but do not rinse with water.

Brush with David's hydroxyapatite toothpaste. Spit but do not rinse with water

Put a thin layer of David's hydroxyapatite inside of your aligners/retainers prior to placing back on your teeth.

Immediately before bed- BONUS

Remove aligners/retainers- do not rinse them

ProBiora oral probiotic tablet. Chew and swish the tablet for 30 seconds

Replace aligners/retainers.

Reminder throughout the day: Chew 1 or 2 Spry xylitol mints keeping the mint/saliva mix in your mouth and swishing for a minute. This also helps to seat the aligners/retainers. Do this a few times in the morning, afternoon and evening.

Bonus:

Xlear xylitol nasal spray- spray 2 sprays per nostril every morning and night after oral routine.

More often if symptomatic.