



Vivera Retainer Instructions

- When you receive your 1st set of Vivera retainers, make sure you keep your previous Invisalign aligners in case your retainer gets lost or broken. After you receive your 2nd set of Vivera retainers, keep your previous Vivera retainer as your back-up.
- **1st retainer:** wear for 3 months 24/7
- **2nd retainer:** wear for 3 months 24/7
- **3rd retainer:** wear for 9 months at night
- **4th retainer:** wear for 21 months at night 3 days a week
- After 21 months, order a new retainer every 21 months thereafter. * If you decide to wear your retainer every night opposed to 3 nights a week, a new retainer needs to be ordered every 9 months (instead of 21).