



VIVERA RETAINER INSTRUCTIONS

Perez Orthodontics

Your Vivera Retainers

You have received **4 sets** of Vivera retainers. With proper use and care, these should last **several years**. Follow the instructions below to keep your smile looking great.

Wear Schedule

- **First 3 Months:** Wear your retainers **full-time (22 hours per day)**. Remove only for eating, brushing, and flossing.
- **After 3 Months:** Wear retainers **nightly only** (while sleeping).

Changing Retainers

- Only switch to a new retainer **if**:
 - The current one is **lost**
 - The current one is **damaged or broken**
 - The current one **no longer fits well**
- **Do not rotate or replace retainers on a regular schedule.** This is unnecessary and may reduce the lifespan of your supply.

Replacements

- If you need a replacement set, we can **reorder from your original scan** on file.
- Please **call our office** to place the order.

Cost

- Ask for the current cost to replace the retainers. Payment is due to place the order.