

**SIGNATURE DENTAL**  
*Family Dentistry*

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**Invisalign (Retention Phase)**

Congratulations! You have now finished the active aligner phase of your Invisalign treatment and are ready to move on to the retention phase.

You have been provided with 4 sets of Vivera retainers. These look like regular aligners, however they are stiffer and more durable. You will only be wearing one set; the other 3 are spares should you lose or damage a retainer. Please keep these in a safe place. Should you need a new set of retainers above the 4 sets provided, these can be made at a cost to you.

Please follow the retention protocol strictly. Not doing so can result in undesired tooth movement, or relapse. If you lose or damage all 4 sets of retainers please contact us immediately so we can get you a new set. We are not responsible for any relapse due to non-compliance. If you go too long without wearing your retainers, any relapse may need to be corrected with aligners. Corrective treatment due to relapse will be at an additional cost to you.

-wear your retainers full time (24/7) for the first 3 months.

-after the first 3 months you will wear your retainers at night time only for one year.

-after one year of night time wear you should wear your retainers at night time a minimum of twice a week for life.

Just like your aligners, you should take out your retainers to eat and drink. Always brush and floss your teeth before putting on your retainers.

You also have been provided with a cleaning kit to keep your retainers odor free, hygienic and clear. If you require more cleaning crystals we can order these for you. They come in boxes of 50 or 250 at a cost of \$35.00 and \$150.00 respectively.