



*Yenne & Schofield, P.C.*  
SPECIALISTS IN ORTHODONTICS

## ORTHODONTIC APPLIANCE FACT SHEET

### Molded (Vivera) Retainers

Your retainers are designed to maintain the new position of your teeth. They are made of a special heat-molded plastic material. In order for these to be effective, they must be worn as instructed by the Doctor. These retainers fit snugly over your teeth, but are removable.

### Things to Know

- **In order for the retainers to work properly, they must be worn full time, 24/7, for 6-8 weeks specified by the Doctor. Only remove them to eat and brush your teeth. You can leave them in place while drinking cool/cold water only.**
- When you remove them to brush your teeth, also thoroughly, but gently, brush the retainers with your toothbrush and soap. Do not brush retainers with toothpaste. Soaking them in water with Efferdent tablets once a week will also keep them clean and prevent build-up of plaque and tartar.
- Never use hot water when cleaning and soaking your retainers or allow them to be exposed to extreme heat (such as leaving them on the dashboard of the car on a summer day), as this can distort your retainers and make them ineffective.
- When you remove your retainers to eat, always place them in the retainer case provided. Never place them in a tissue or napkin, as these are often discarded in the trash.
- It is best to brush your teeth after every meal before you replace your retainers. If you cannot, at least rinse your mouth with water to remove any food particles.
- Keep your retainers out of reach from pets, as they like to use them as chew-toys.
- Since these are new appliances, you will go through a period of adjustment. You may notice increased saliva, slight speech impairment, and areas of tenderness. This is normal and usually resolves in a few days.
- Continuous wear of the retainers will speed this process.
- Speak out loud as much as possible during the first couple of days to allow your tongue to get used to these retainers.
- The Doctor will check your retainers periodically. Please remember to bring them with you to every orthodontic appointment at the office.
- **After the initial 6-8 weeks of full time wear, please transition to night time wear, ideally 12 hours per day.**

### Emergencies

Please call us at (503)362-0500 during normal office hours if you lose or break your retainers, or if any problems arise. All instructions can be reviewed on our website at [www.haveagreatsmile.com/instructions](http://www.haveagreatsmile.com/instructions)