

## VIVERA RETAINERS



The British Orthodontic Society's 'Hold that smile' campaign is a reminder to all patients that retainers are for life.

If you don't wear your retainers as recommended for you by your orthodontist, there is a risk that your teeth will quickly move back to where they were and all the good work will be undone.

*Find out why continuing to wear your orthodontic retainers at night after treatment is so important by viewing this short video from the British Orthodontic Society - scan the QR code below*



Vivera Retainers are custom-made, beautifully finished and presented in complete sets of 3.

They are up to 30% stronger than other clear retainers and can be up to 2x as durable too. Please ensure you keep your retainers safely away from family pets in your retainer box.

Clean them thoroughly and carefully every time you wear them in cold water with a small amount of mild Fairy Liquid, liquid soap or equivalent, together with an adapted cotton wool bud to catch all the 'nooks and crannies' of the inside of each individual tooth imprint. Please don't use a toothbrush or toothpaste as these are too harsh and will damage them. Rinse well.

Retainer Brite tablets to supplement this routine should be used at least 2/3x per week or, if you are over 18, Eversmile White Foam for short periods of daily 'On the Go' mild whitening and cleaning.

We stock all the specialist products recommended above, and others, to make it easy for you to maintain your teeth and gum health whilst you continue to wear Viveras and bonded retainers. These also include Chewies, specialised toothbrushes, Superfloss, Mouthrinses and Retainer Boxes and can be purchased from Reception and ordered at any time for collection. We can also post these out to you if more convenient. Postage will be added to your invoice.

### RE-ORDERING VIVERA RETAINERS

Please be aware that retainers will deteriorate naturally over time.

Duplicate sets of Vivera retainers can continue to be provided without a new scanning appointment as long as you have not had any new dental restorations (including fillings, crowns, bridges or implants), gum changes or tooth loss *since* your last scan with us. We will be happy to arrange a new scan for you if there is any doubt.

To ensure that reordered Vivera retainers reach you as quickly as possible, please confirm your *current contact details* including your name, date of birth, address, e-mail and mobile phone number to our secure address:

reception@wimbledon-orthodontist.co.uk