

GIANNINI / GRAY DENTAL PARTNERS

VIVERA Removable Retainer System

Congratulations on completing your dental treatment. Dr. Gray has chosen the Vivera Retainer System to keep your teeth in their present position. This will give you a total of four sets of retainers – with each set lasting anywhere from 3 months to 2+ years. The need to change into new retainers is unique to each patient. Some patients have teeth that want to move a lot and others, not at all. You must be the gatekeeper of your own retainer success. Your job is simple:

1. Wear your first set of retainers as instructed – at least every night while sleeping.
2. When you visit our office for your regularly scheduled exam and prophylaxis, bring the active set you are presently wearing along with the next set of retainers. We will gladly check the fit and clean your active set.
3. The most important rule is:
“If you ever put in your retainer and it feels tight – you need to either increase the amount of time you are wearing your retainer, or start wearing a new set.”

The average lifespan of Vivera retainers in our practice is about one year per set. That means you are getting 4 years worth of retainers. When you start your fourth set of retainers you will want to let us know so we can have a new set of four scanned for you. The replacement fee for your next set of retainers is presently \$750.00.

Cleaning your retainer: when you remove your retainer, rinse it off with water and gently scrub it with a brush. You can use a toothbrush or manicure brush. Denture or retainer cleaner can be used on occasion as well.

Best wishes,

Brian Gray, DDS and Team