

Instructions for Invisalign Retainer

Congratulations on finishing your Invisalign journey! Now after all your hard work and commitment, it is time to maintain your straight teeth.

We are excited to be with you at each step of the way to create a better bite, a better mouth, and a better smile. Please follow these instructions to increase the predictability and improve your overall results.

1. Night time wear

You do not need to wear your retainers all the time. As long as you wear them during your sleep, they will hold the teeth straight.

2. Lifelong wear

Yes; you have to wear your retainers for life. But only during the night.

3. Keep them clean

To keep your retainers clean, we recommend to soak the trays in a cup of hydrogen peroxide. Hydrogen peroxide is antibacterial and safe for oral use. Rinse your retainers with water before returning them in your mouth.

□ Lingual bar

Your doctor has deemed that a lingual bar is necessary to keep your teeth aligned. Please make sure you keep flossing between the wires as instructed. If the wires fall out, please contact the office to have them recemented. Also, don't forget - you will still need to wear a retainer on top of the wire.

Again, we congratulate your achievement on finishing your Invisalign. We look forward to seeing you for your regular hygiene appointments to ensure continual care for your oral health.