



VIVERA RETAINER SYSTEMS INSTRUCTIONS

(Please wear as indicated for optimal results)

First Retainer:

- Please wear DAY & NIGHT for 3 months

Second Retainer:

- Please wear DAY & NIGHT for 3 months

Third Retainer:

- Please wear DAY & NIGHT for 9 months

Fourth Retainer:

- Please wear at least 3 NIGHTS per WEEK for 1 year and 9 months

All retainers worn after the first set of 4 Vivera Retainers must be worn at least 3 NIGHTS per WEEK for 21 months in order to obtain optimal retention results