Congratulations on completing your Invisalign Journey! You have done the hard work, and now you can give yourself and others the gift of your beautiful smile!

You want to keep your teeth from shifting so it is important to wear your retainers faithfully.

For the first 3 months, wear set 1 of your Vivera retainers at least 12 out of 24 hours a day. For example, sleep in them and wear them when you are at home. You can leave them out if you go out to eat or have social engagements.

After 3 months, you can go to set #2 and just sleep in the retainers (at least 8 hours a day).

You have 2 sets of retainers as a back up.

Thank you for letting us be a part of your smile transformation. It has been an honor!

Sincerely,

Dr. Katie Middlecoff and the team at Middlecoff Dental Group