

Cleaning your Invisalign aligners or your Vivera retainers

- 1- Rinse the aligner under a gentle stream of lukewarm running water. This helps break up and eliminate any stuck-on food debris.
- 2- Fill a clean cup or the Invisalign Cleaning Tub with 1 to 2 cups of lukewarm water. Use enough water to submerge the entire aligner.
- 3- Pour one pack of the Invisalign crystals into the water.
- 4- Place the aligner inside the cleaning solution. The Invisalign website recommends soaking the aligners for about 15 minutes.
- 5- Remove the aligner from the solution. Rinse it once more with lukewarm water.
- 6- Saturate the bristles of the soft-bristled toothbrush with tap water.
- 7- Scrub both sides of the aligner gently to remove any leftover particles found on the retainer.
- 8- Rinse the aligner thoroughly one final time. Place the aligners either back into your mouth, or dry them before placing it back into its case.

Homemade Remedies

- 1- Rinse the Invisalign aligner thoroughly with lukewarm water.
- 2- Mix an equal parts solution of lukewarm water and distilled white vinegar in a cup. This solution removes stains and bacteria from the Invisalign aligners.
- 3- Soak the aligner in the solution you created in Step 2 for roughly 15 minutes. Make sure the entire aligner is submerged, and add more liquids to the cup to submerge the aligner, if necessary.
- 4- Repeat Steps 5 through 8 from Section 1 to finalize the cleaning process.

To order the cleaning crystals: <http://www.invisalignstore.com/> [www.prismaden](http://www.prismaden.com/)