

How to Clean and Care for Your Invisalign® Aligners

Antibacterial Soap and Water

Add a small amount of gentle, antibacterial soap into a bowl of slightly warm water. Mix these together until the soap has dissolved and bubbles appear on the surface. Leave them to soak in the mixture for 20 to 30 minutes.

White Vinegar and Water

Add one tablespoon of white vinegar to warm water. Mix this together and then add in your aligners and leave them submerged for 15 to 20 minutes. Take your aligners out and then rinse them thoroughly with cold water.

Baking Soda and Water

Mix a tablespoon of baking soda into a cup of warm water and soak your aligners for 30 to 60 minutes.

Gently Brush Them with a Soft Brush and Non-Abrasive Toothpaste

This method should only be used as a quick clean. Brush your aligners gently, so as to not damage and scratch the plastic. You should also use an unused toothbrush for this, as your everyday toothbrush will have trace amounts of abrasive toothpaste on it, that will scratch or dull your aligners.

Please Note: Always use warm not hot water when cleaning your aligners. Aligners need to be thoroughly rinsed and dried prior to re-placing in your mouth.

Everyday Care Should Include

Store Your Aligners in a Cool, Dry Place

When it comes to storing your aligners, to reduce levels of bacteria and odors keep them in their case and leave them in a cool and dry area.

Brush and Floss Before Wearing Your Aligners

Brushing and flossing your teeth before wearing your trays is a proactive approach to keeping your aligners and your teeth and mouth clean.

Remove Aligners Before Eating, Drinking, Chewing Gum, or Smoking

To avoid staining, scratching and bacteria build up always remove aligners prior to eating, drinking, chewing gum, or smoking