

## **Best Practices to Keep Your Aligners Sanitized**

*What you will need:*

- 1. Soft toothbrush*
- 2. Water*
- 3. The listed ingredients below*

### **1. Water and. . .WHITE VINEGAR.**

Fill a mug a little more than half way with lukewarm water then pour in a tablespoon of white vinegar into the mug. Leave your aligners to soak in the mixture for at least 15-20 minutes and brush your aligners with mixture when finished, ensure you rinse out the aligners as any residue of vinegar would be far from a pleasant taste in your mouth.

### **2. Water and. . .SOAP. (On-the-go method)**

So what type of soap you use is crucial. You don't want to use a colored soap or a scented one. As this will damage and erode the surface of your aligner - or worse: stain them. Opt for antibacterial soap that specializes in sensitive skin and is clear. Squeeze one pump of soap into a mug of water and let your aligners soak for 20 - 30 minutes then brush your aligners with the liquid and rinse well. We recommend you bring an empty water bottle to use as a make-shift mug to soak your aligners in.

### **3. Water and. . . RETAINER / DENTURE CLEANER. (On-the-go method)**

Of course retainer cleaner is ideal for cleaning your aligners as they are basically sisters! (Denture cleaner can work also.) Mix the tablet or liquid with the water and let them soak for the stated time on the package directions. Use that trusty soft toothbrush to clean first and then let the soaking commence. Brush and rinse the aligners and put them back in.

A variety of brands can be found online:

[Retainer Brite](#)

[Polident Antibacterial Denture Cleaner](#)

[Efferdent Antibacterial Denture Cleanser](#)

[Invisalign Cleaning System](#)

[Invisalign Cleaning Crystals](#)

#### **4. Water and . . .BAKING SODA. (Stay-at-home method)**

Not just a cookie ingredient - use this everyday household product to clean your aligners. Its best to use this cleaning solution when you are eating your dinner and maybe while doing the washing up as it will do your aligners a world of good if you leave them in this mixture for an hour. Use about a tablespoon of baking soda and a half mug of water and leave them soak for the hour. Give the aligners a good rinse & brush after before putting them back in.

#### **5. Water and. . .PEROXIDE. (Stay-at-home method)**

It is not as intense and scary as it sounds. Hydrogen peroxide is actually what is used to whiten teeth, you can purchase peroxide in any pharmacy. Pour a half mug of water and the other half with the peroxide. Leave your aligners to soak for at least 30 minutes, when you take them out give your aligners a good brushing with your toothbrush and rinse well with water after.

#### **Simple DO's & DONT'S to remember when cleaning and caring for your aligners:**

##### **DO**

- **Rinse Every Time:** Any time you take your aligners out of your mouth, rinse them thoroughly under running water. This will rinse away bacteria, saliva, and food particles.
- **Soak Regularly:** Invisalign offers specialized cleaning crystals to soak your aligners in regularly.
- **Clean Your Teeth:** Proper care isn't just about clean aligners - your teeth need to stay clean, too! Be sure to brush and floss your teeth regularly to prevent buildup of plaque and bacteria under the aligners.
- **Use Clear, Anti-Bacterial Soft Soap:** This is a great way to keep your aligners free of bacteria and plaque.
- **Brush Carefully:** Ideally, you want to brush them every time you take them out or put them back in - but be careful, as overzealous brushing can leave visible marks and scratches.

##### **DONT**

- **Eat or Drink Other Than Water:** Foods and colored drinks can stain your aligners and leave an unpleasant smell, so stick with water while you're wearing them.
- **Use Toothpaste:** Toothpaste is great for your teeth, but it can harm your aligners. When you brush them, do so gently and without paste.
- **Use Scented or Colored Soap:** Using anything but clear soap with aligners can cause them to stain.