



# Cleaning and disinfecting clear aligners Instructions

Different methods:

**Mouth wash** – pour a small amount into the aligner and give a gentle scrub with your toothbrush. This will help to keep your aligner smelling fresh. Do not use toothpaste as it is too abrasive.

**Antibacterial soap and water mix** – Easiest method for deeply cleaning your aligners. Add a small amount of gentle, antibacterial soap into a bowl of cold water. Mix these together, pop the aligners in the bowl and leave them to soak for 20/30 minutes. Remove aligners and rinse them thoroughly with cold, leave to dry.

**White vinegar and water** – Fill a cup with cold water and one tablespoon of white vinegar, mix and pop aligners in. Leave for 15/20 minutes, then remove and rinse with cold water and leave to dry.

**Baking Soda and water** – Mix a tablespoon of baking soda with a cup of cold water, leave aligners to soak for 30/60 minutes. Remove and rinse with cold water and leave to dry. Baking soda is good for deodorising.

## **What to avoid when cleaning your aligners:**

- Toothpaste due to it being too abrasive, this can cause scratches on the aligner.
- Using the dishwasher due to the hot water your aligners will melt and distort
- Rinsing in warm or hot water will distort your aligner and you will not be able to wear them.
- Harsh chemicals e.g. bleach, alcohol.

## **Everyday care of your aligners**

Store your aligners in a case when you are not wearing them this will prevent them for getting lost or broken. We always advise you to rinse your aligners with cold water before placing in the case to prevent odorous.

Brush before wearing your aligners this will aid keeping your aligner clean and minimizing plaque build-up.

Always remove your aligners before eating or drinking. Eating with your aligners in will cause damage to them. Also eating and drinking with them in allow food/drink to sit inside the aligner and on your teeth, which can cause damage to your teeth. Foods and drinks with added colouring will also stain your aligners. The only drink safe to drink while you have your aligners in is water.