

## **CARE INSTRUCTIONS**

### **Invisalign Aligners**

One of Invisalign's major advantages is having the ability to take the aligners out to eat and drink. Keeping your aligners clean is a vital part of your treatment, and it is the only way to keep them invisible, odorless, and free from germs. Without conscientious care and cleaning, your aligners can discolor, smell, and build up deposits of plaque and bacteria that can erode the enamel of your teeth.

Caring for Invisalign Aligners is very easy. Follow these simple Do's and Don'ts when wearing Invisalign:

#### **DO's**

- **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 teeth regularly to prevent build-up 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, however, be careful, as overzealous brushing can leave visible marks and scratches.

#### **DON'T's**

- **Eat or Drink:** 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.
- **DO NOT use scented or colored soap:** Using ONLY clear soap with aligners is the best way to avoid stains.