

Home Care: Clear Aligners

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 with 1 to 2 cups of lukewarm water. Use enough water to submerge the entire aligner.
3. Pour one pack of crystals into the water.
4. Place the aligner inside the cleaning solution. It is recommended that aligners soak for 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 Cleaners

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