

Taking care of your Invisalign trays

Dr. Jason Hwang

Storing Aligners

1. Always place the aligners in the cases provided. Never place aligners in napkins. Never place in a pocket that can be sat on.
2. NEVER discard any old aligners.
3. If you lose an aligner, call us right away and wear the previous aligner if available. There will be a charge to order you replacement aligners.

Care of Aligners

1. Clean your aligners prior to each insertion using your toothbrush. Rinse under running water and brush until clean.
2. A few times a week you can soak your aligners in Retainer Brite. We will give you tablets at each visit. If you would like more they can be purchased on Amazon.
3. Retainer Brite instructions: fill a cup with warm tap water, drop one Retainer Brite tablet into the water, place aligners in the water making sure they are fully submerged, when the water turns from blue to clear (~20 minutes) the aligners are clean, rinse the aligners under cool running water.
4. Never use denture cleaner or soak in alcohol or bleach, as they will be damaged.
5. Do not place aligners in boiling or hot water to clean, as they will be damaged.

Other Questions

1. Oral Hygiene: Brush and floss normally with the aligners out. Try to brush after eating and before re-inserting aligners. Large food particles may prevent proper insertion.
2. Eating: There are no food restrictions with Invisalign. However, aligners must ALWAYS be removed when eating.
3. Drinking: Except for cold or room temp water, always remove aligners while drinking anything. Any fluid will get inside the aligner and be held against your teeth possibly for hours and can cause staining or damage the teeth and aligners.
4. Chewing Gum: Do NOT chew gum while wearing aligners.
5. Smoking: It is advised NOT to smoke while wearing the aligners. It will stain the aligners and teeth.