daily care for your aligners

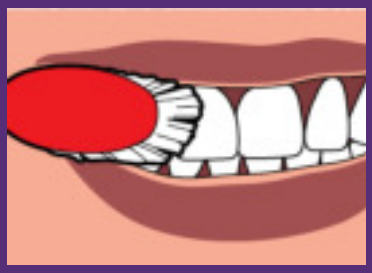
How to clean your aligners:

- Remember to clean your aligners prior to each wear.
- You must remove your aligners to clean them.
- Use a soft bristle toothbrush with water and a small amount of clear liquid soap to brush them clean.
- Thoroughly rinse each aligner with water after cleaning.
- It is also a good idea to clean your aligners with the Invisalign cleaning crystals once a week, or as needed.
- *Note: Do NOT use denture cleaners to clean the aligners. Do NOT soak them in mouthwash. These products can damage the surface of the aligners, causing them to become dull and more visible.*



Good oral hygiene

- Remove your aligners for eating and drinking hot liquids.
- You do not need to remove your aligners to drink cool water.
- You must brush your teeth after each meal or snack prior to re-inserting your aligners.
- If you do not have access to cleaning facilities, you can simply rinse your mouth, and then clean your aligners by holding them under warm running water. It is not the best way to clean, but it is a good temporary fix. Remember to clean your aligners and brush your teeth at your earliest convenience.
- *Note: If you need any advice regarding specific hygiene techniques, please contact your doctor. We recommend that Invisalign patients continue with regular dental check ups and hygiene cleans for the continued health of teeth and gums.*



Keeping your aligners safe:

- You will be provided with two different coloured aligner cases with your starter kit. A blue case and a red (or orange) case.
- You must always store your aligners in a case when they are not in your mouth. This will help protect them from loss or damage.
- Your doctor will advise you on how to use each aligner case and how to store your previous aligners.
- *Note: Keep all of your older aligners in a safe place. Keep them out of reach of small children and pets. Contact your doctor immediately if you loose an aligner. Contact your doctor immediately if an aligner is broken.*



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