



Special care instructions

Clear Aligners maintenance

Clear aligners have many advantages over conventional fixed braces, but one of the main reasons that people choose them is that they're incredibly discreet. In other words, once inserted over the teeth, friends and family won't even know you're wearing them unless you tell them.

In some cases, the material that gives aligners their invisible appearance can also change colour. Unfortunately, the material is prone to staining, and once that happens, the aligner can adopt a cloudy hue, becoming more visible.

Due to their removable nature, clear aligners require a different kind of maintenance compared to fixed braces, so we're going to look at the various methods of how to clean clear aligners properly, not only to avoid tell-tale staining but also to keep them bacteria-free.

Method #1 - Eradicating bacteria using antibacterial soap and water

Did you know that over 700 species of bacteria are present in the mouth at any time? Unfortunately, not all of them are good. The nooks and crannies of clear aligners, combined with the moist environment, make it the ideal place for oral bacteria to thrive. Additionally, saliva can dry on the aligner, which, in turn, attracts bacteria. Bacterial build-up can lead to bad breath or increase the risk of tooth decay. The good news is that soaking in an antibacterial solution is an easy and efficient way to clean aligners. Add a small amount of gentle antibacterial soap to a bowl of cold water. Note that hot water can distort the aligner and make them ineffective. This is also one of the reasons you shouldn't drink hot coffee or tea while wearing them.

Mix until the soap has dissolved and bubbles begin to form on the surface. Drop the clear aligner into the solution and leave for around 20-30 minutes. Then take them out and rinse thoroughly with cold water.

Method #2 - Killing microbes with vinegar and water solution

Household vinegar is an inexpensive and accessible product that everyone has in their kitchen. Moreover, it's incredibly effective at killing microbes, including bacteria. Let's take a look at how to clean clear aligners with vinegar.

Fill a cup with tepid water and add a tablespoon of white vinegar. Mix, then submerge your clear aligners in the solution. Leave for twenty minutes, then remove and rinse thoroughly with cold water. Finally, let the clear aligners dry naturally before returning them to your mouth. Rinsing is really important as vinegar is acidic and will damage your precious tooth enamel.

Method #3 - Stain-busting with baking soda

Another household product that everyone has in their kitchen is baking soda. Baking soda and water are a potent duo for stain removal. Baking soda produces fizzy carbon-dioxide bubbles that lift or dissolve surface stains on most surfaces, including clear aligners. To clean aligners efficiently, mix a paste using one tablespoon of baking soda to one tablespoon of cold or tepid water and apply to the aligner liberally using a clean finger or very gently using a non-abrasive toothbrush. Let the mixture work its magic for around 30-60 minutes, and rinse off with cold water.

Method #4 - Denture Cleaning tablets

Available from supermarkets and chemists, denture tablets dissolved in cold water are safe and effective.

Do not use

- Hot water
- Coloured mouthwash
- Dishwasher