

Caring for Your Invisalign® Aligners

Clear Aligner Trays — Take-Home Instructions

Clear aligners only stay clear if cleaned the right way — rinsing alone isn't enough and leaves behind the film that makes trays go cloudy, smell, and stain.

Rinse Every Time You Take It Out

Use cool water only — never hot, which warps thermoplastic material and changes the fit.

Brush Gently, Once or Twice a Day

A soft toothbrush and plain, non-abrasive toothpaste is fine. Skip whitening or abrasive toothpaste — it scratches the clear plastic, and scratches are where staining starts.

Add a Chemical Soak, a Few Times a Week

Brushing alone leaves a film. Soak in a manufacturer cleaning product or an effervescent retainer/denture-cleaning tablet, following the label's soak time (usually 5–15 minutes), then rinse thoroughly before wearing it again.

Storage

Always use the case — never a napkin, tissue, or loose pocket. Keep away from heat, including car dashboards.

■ Never do

Use hot water or heat of any kind — warps the material.

Use whitening or abrasive toothpaste — scratches the clear plastic.

Soak longer than the product label says (e.g. overnight) — can degrade the material.