



how to clean invisalign or invisible orthodontics

Serenity is a [beauty clinic Dubai](#) that provides professional [Invisalign dubai](#) services. Read this article to the end to learn about the process of washing Invisalign.

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But to keep your Invisalign treatment under wraps, aligners need to be cleaned regularly to keep them fresh and intact. Most patients find Invisalign to be easy to clean, and the aligners need to be replaced about every week, so there's not a lot of cleaning required. Keeping your aligners clean is an essential part of your treatment. It's not just for beauty, but it's really possible that aligners can damage your teeth if you don't clean them properly.

How to clean Invisalign?

Here are some tips on how to keep Invisalign aligners invisible.

before start

Do not use hot water, mouthwash, or denture cleaners to clean Invisalign. Hot water will cause your aligners to lose their shape and be ineffective, and mouthwash or other cleansers may stain your aligners. The best way to make sure your aligners are always clean is to always have a toothbrush and toothpaste with you.

Clean your teeth.

You should wear your Invisalign aligners for at least 20 hours a day. This means that any bits of food, plaque or saliva that get on your teeth will get trapped there and pressed against the enamel. This will stain your teeth, and if you don't take care, it can accelerate the process of tooth decay. When you remove your aligners to eat or drink, you should only put them back in after you have properly brushed and flossed your teeth.

The easiest way to thoroughly clean your aligners is to provide them with a sanitary bath.

Step 1

Mix hydrogen peroxide and lukewarm water in a ratio of 50:50.

Although hydrogen peroxide does not remove any of the plaques from the aligner, it does remove all the accumulated bacteria.

Allow the aligners to float in the solution for approximately half an hour.

Remove the liners and rinse with cold water.

Step 2

Then prepare another solution by mixing warm water and white vinegar in a 50:50 ratio.

Soak the inosilic aligners in this solution for 30 minutes and then rinse them with cold water and gently brush them with a soft toothbrush.

Once you have rinsed them well, brush and floss your teeth and now you are ready to use your aligners.

teeth brushing

An easier and faster (but less accurate) option is to brush your Invisalign trays.

Use a soft toothbrush so as not to damage them and apply some of your own toothpaste on the tray. Brush the trays gently, trying to remove any visible build-up of peplak or food particles.

Rinse the trays with lukewarm or cold water and then dry them with a sterile towel. And don't forget to brush and floss your teeth before putting the aligners back in place!