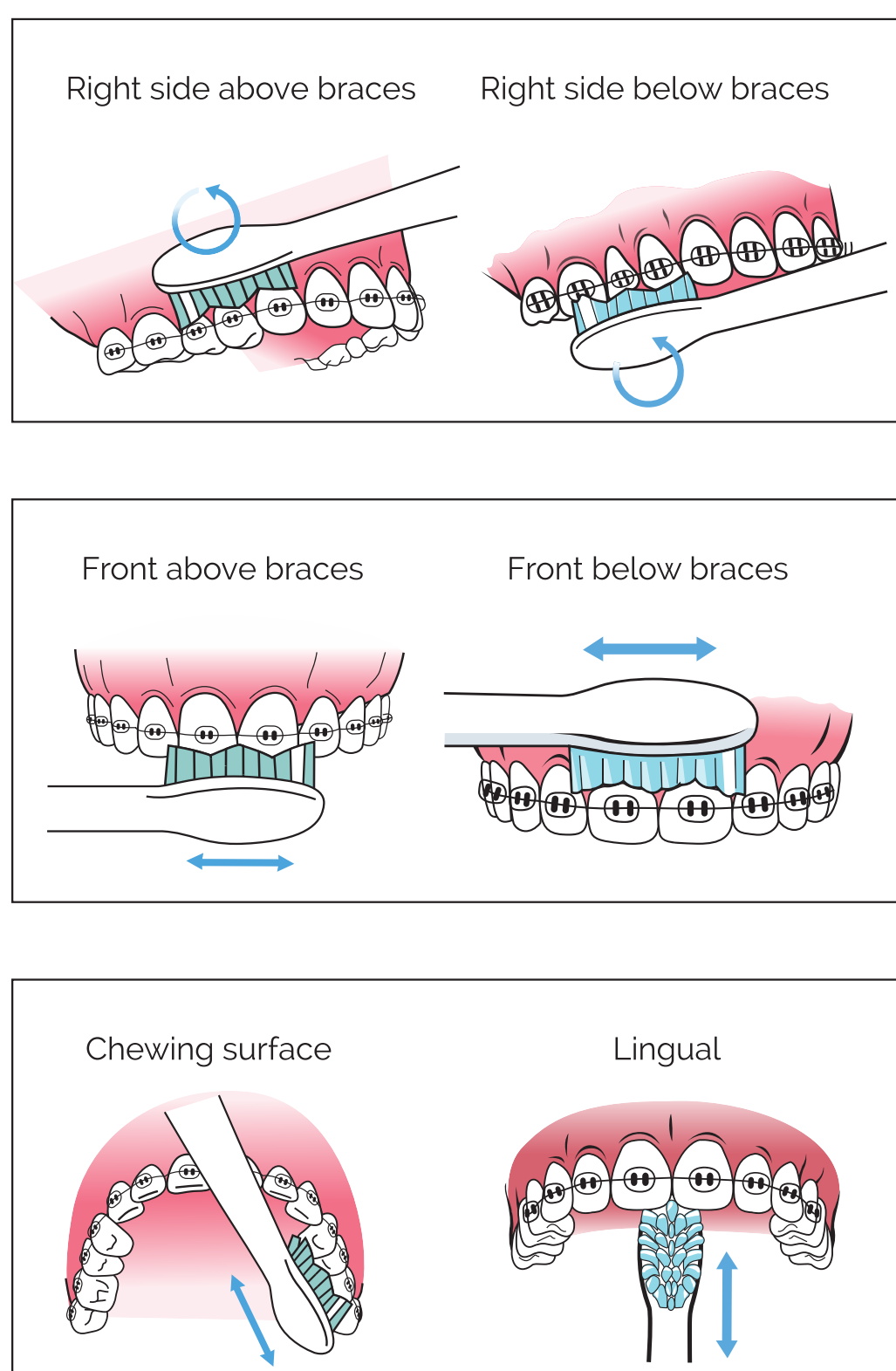
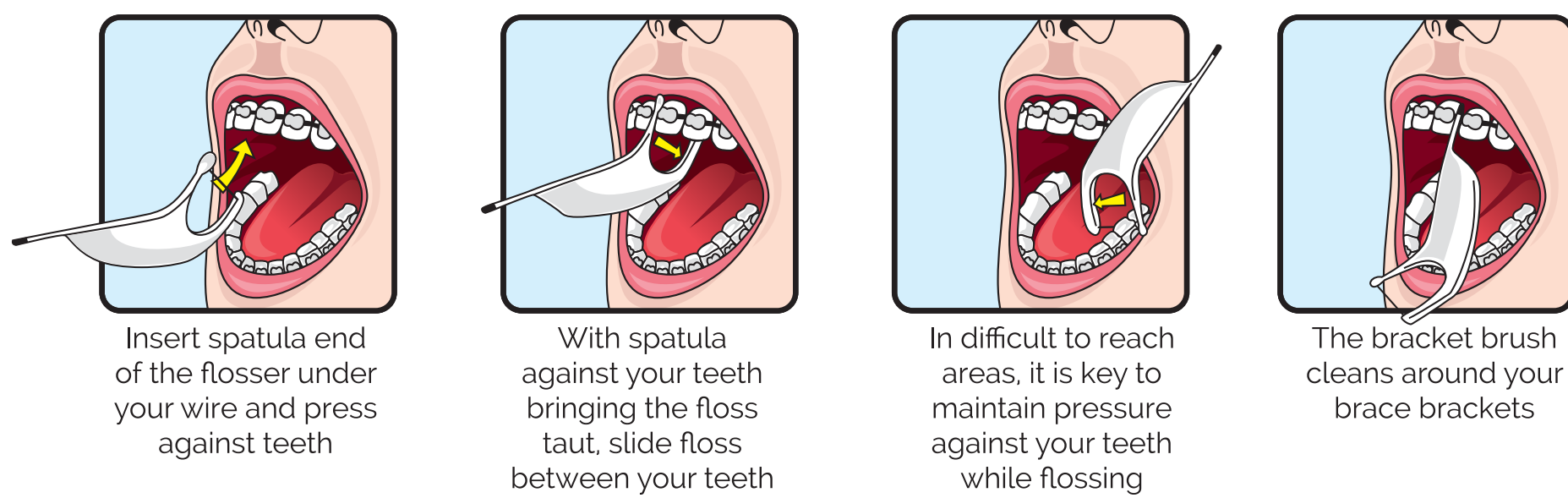


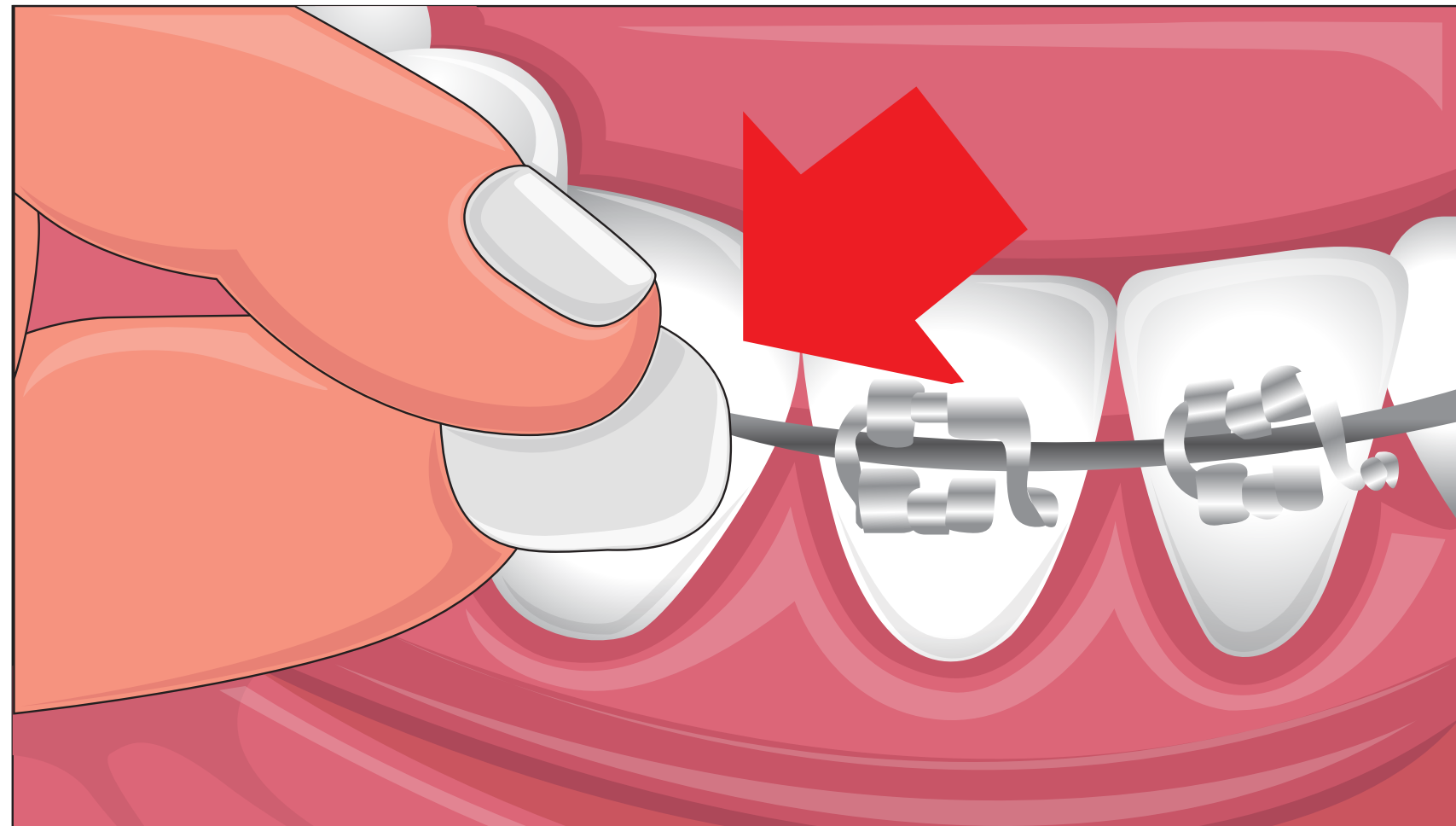
## How to brush with braces



## How to floss with braces



## How to place orthodontic wax



## Invisible Aligner Care - 5 Tips for Clean, Clear Aligners

### 1. Rinse when you remove

Rinse your invisible aligners with cold water when you remove them. This will help eliminate dried saliva from building up on the plastic, which can cause bacteria to form. Keep your mouth healthy by keeping your aligners clean.

### 2. Never clean with hot water

Never use hot water when cleaning your aligners, and don't run them through the dishwasher! The high heat can damage the plastic and ruin your aligners.

### 3. Brush and floss before you wear

After you eat, be sure to brush and floss your teeth before putting your invisible aligners back in your mouth. If you don't, you will have a higher risk of food particles getting trapped between your aligners and your teeth, which can lead to dental issues. Remember, a clean mouth is a happy mouth.

### 4. Clean with soap, not toothpaste

Use antibacterial soap, not toothpaste, to gently clean your aligners. Toothpaste can be abrasive against the plastic, which may scratch your invisible aligners. Scratched aligners are much easier to notice when they're on your teeth. We all know one of the reasons you chose invisible aligners was so they'd be invisible. Keep them that way by cleaning them properly!

### 5. Don't soak your invisible aligners in mouthwash

The greens and blues of most mouthwash products can discolor your aligners, giving them that same tint that you'll see in the mouthwash bottle. Instead, if you want to keep your aligners clear and sanitized, try soaking them in a clear retainer or denture cleaner.

## How to brush your teeth

