

## INVISALIGN ALIGNER CLEANING INSTRUCTIONS

When properly cared for, your Invisalign® aligners will remain clear and odor-free. Failure to clean your aligners will lead to plaque buildup, discoloration, and foul odors. To clean Invisalign® retainers and keep them invisibly fresh, follow these instructions:

- Clean your aligners prior to insertion. Use a soft bristle toothbrush with water.
- Do not use mouthwash or toothpaste on your aligners.
- Do not allow saliva to dry on your aligners. Make sure to rinse or brush your aligner if they will be out of your mouth for a period.
- Always store trays in provide container when not in use.
- Notify us of any lost tray as soon as possible to avoid delay in treatment.

### **Invisalign® Cleaning Crystals Instructions for Use:**

- Remove aligners and rinse under tap water.
- Place aligners into a container and fill with 1 cup of warm water. Be sure aligners are fully submerged. Remember to always use lukewarm to tepid water—hot water has the potential to change the shape of your aligners.
- Add one packet of cleaning crystals.
- Gently shake for 20 seconds to dissolve and distribute crystals.
- Let stand for 15 minutes.
- Gently shake again for 20 seconds.
- Rinse aligners and container thoroughly with warm water. Use a soft brush to remove any remaining particles and rinse.

**Please call 1Smile 219-336-8571 with any additional questions.**

**WARNING:** Do not place crystals in mouth or ingest. In case of accidental ingestion, immediately contact a poison control center. Keep this product out of the reach of children and pets. Do not use to clean natural teeth, orthodontic appliances containing metal parts, jewelry, or other objects. Avoid splashing cleaning solution on clothing and fabrics. Store crystals in a cool, dry place.