



ALIGNER & RETAINER CARE

Invisalign® Aligners & Vivera® Retainers — Cleaning & Care

Invisalign® aligners and Vivera® retainers are similar materials with identical care. Clean appliances stay invisible; neglected ones turn cloudy and odorous — and trap sugars against your teeth.

Daily Cleaning

- Rinse with cool or lukewarm water at every removal; brush gently morning and night with a **soft toothbrush and clear, mild soap**.
- **No toothpaste on the appliance** — it dulls and scratches the plastic. No mouthwash soaks (dyes and alcohol tint and degrade it).
- Deep clean a few times weekly with cleaning crystals or a clear-retainer cleaner.
- Brush and floss your teeth before reinserting — whatever is on your teeth sits sealed against them.

Heat Is the Enemy

- Never hot water or the dishwasher — heat permanently warps the fit. Never leave appliances in a hot car or direct sunlight.

Eating & Drinking

- Remove for everything except plain, cool water. Coffee, tea, and red wine stain; sugary drinks pool under the plastic and feed decay.
- Brush — or at least rinse well — after meals before reinserting.

Wear Time

- **Invisalign:** 20–22 hours per day; change trays on your schedule; use your seating aids (“chewies”) if a tray is not fully seating.
- **Vivera retainers:** wear as directed — for most patients, every night. Teeth shift throughout life; nightly wear maintains your result.

Storage, Travel & Emergencies

- Out of the mouth = in the case. Napkins are how aligners get thrown away; dogs are drawn to worn plastic.
- Keep your previous aligner set as a backup and travel with both current and previous sets.
- Lost or cracked? **Call us first** — usually you will wear the previous tray or move ahead early. Do not go without; teeth drift within days.

Call Our Office (512-472-5633) If:

- An aligner or retainer is lost or cracked, or stops seating fully
- A sharp edge is cutting your tongue or cheek
- You develop persistent sore spots or new tooth pain with wear

Questions or Concerns? We Are Here to Help.

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Thank you for trusting us with your care. We wish you a clean, comfortable, long-lasting appliance!