

# How to Clean Clear Aligners – Daily Fridge Checklist

Print this page, cut it out, and stick it on your fridge!

Keeping your clear aligners clean takes only a few minutes a day but helps you finish treatment faster with a brighter, healthier smile. Follow this easy routine from your team at Alta Loma Dental Care.

## **Morning Routine (When You Wake Up)**

- Remove your aligners
- Rinse under lukewarm water
- Gently brush with a soft toothbrush + clear, mild antibacterial soap (never toothpaste)
- Rinse very well
- Brush and floss your teeth
- Reinsert your clean aligners

## **After Eating or Drinking (Anytime During the Day)**

- Remove aligners before eating or drinking anything except water
- Store them safely in your aligner case (never in a napkin or pocket)
- Rinse your mouth and aligners with lukewarm water
- Brush your teeth if possible
- Rinse aligners again and reinsert

## **Nighttime Routine (Before Bed)**

- Remove your aligners
- Brush and floss your teeth thoroughly
- Clean aligners: brush with soap **\*\*OR\*\*** soak in approved cleaning solution for 15–20 minutes
- Rinse aligners very well
- Reinsert your clean aligners before sleep

## **Weekly Pro Tip (Do 1–2 Times a Week)**

Soak your aligners in Invisalign cleaning crystals, denture cleaner, or a 50/50 mix of white vinegar and water for 15 minutes. This keeps them crystal clear and odor-free.

Helpful Reminder from Alta Loma Dental Care. Clean aligners mean faster results and healthier gums. Questions or need a check-up?

You've got this! A clean smile is just a few checks away.