

Cleaning and Disinfecting Finished Zendura Appliances

You want to encourage patients to clean their Zendura appliances daily to ensure they remain hygienic and ultra clear.

For cleaning and disinfecting finished Zendura appliances (aligners and retainers), we recommend the following.

For routine cleaning and disinfecting:

Though ordinary soap (we recommend using a mild non-abrasive soap) and water can do a pretty thorough job of cleaning and disinfecting Zendura appliances, to make certain they are hygienic and sparkling, we recommend using an alcohol-free, effervescent denture cleaning product (e.g., DentaSOAK, Efferdent, Polident, Kenite and generic equivalents).

- These products are usually formulated with some type of oxidizing compound capable of killing microorganisms.
- They also contain an effervescing (bubbling) agent that helps to dissolve the product and provide some minor degree of cleansing action.
- They're 100% safe and alcohol free, ensuring they won't weaken or affect the clarity of Zendura appliances.
- They also do an effective job of removing plaque buildup on the appliances.



Diluted hydrogen peroxide also does an effective job of removing microorganisms:

Regular peroxide is 3%. You want to dilute it. Simply dilute 1 unit Peroxide in 2 units clean water (preferably DI or distilled). Soak for 5 minutes, rinse, then allow to dry. (You can use a soft, dry cloth to speed drying it.) This will remove any microorganisms and won't leave behind any residue. However, this method doesn't do an effective job of removing plaque build-up on the appliance.

Also, for a patient new to wearing aligners and retainers, you may want to consider placing the appliance in a plastic bag with a mint flavored mouth wash before placing it in the patient's mouth.