Voraiya Publishes Care Guide Covering Five Types of Removable Oral Appliances

Clear aligners, clear retainers, wire retainers, dentures and night guards are made from different materials and require different cleaning approaches

AUSTIN, TX, UNITED STATES, September 26, 2026 /EINPresswire.com/ -- Clear aligners, clear retainers, wire retainers, dentures and night guards are made from different materials, and the company says a single cleaning routine applied to all of them can be too harsh for some and insufficient for others

Voraiya LLC, an Austin, Texas-based company that makes ultrasonic and UV-C cleaning devices for removable oral appliances, today published a care guide describing how five common categories of appliances differ in material and cleaning needs. The guide is available at voraiya.com/blogs/news/how-to-clean-five-types-of-removable-oral-appliances.

The company said it prepared the guide after observing that many customers were applying the same cleaning habit to appliances that do not respond the same way to heat, abrasion or certain chemicals.

The guide covers clear aligners, clear thermoplastic retainers (often called Essix retainers), wire-and-acrylic retainers (often called Hawley retainers), dentures, and night guards or sports mouthguards. While all five are removable and worn in the mouth for extended periods, they are not made from the same materials and do not fail in the same way when cleaned incorrectly.

Clear Aligners and Thermoplastic Retainers

Clear aligners and Essix-style retainers are both made from thin thermoplastic sheets. Orthodontic care guidance commonly describes this material as sensitive to heat, since hot water can distort its shape and affect fit. Abrasive toothpaste is also generally discouraged, since fine scratches can make the plastic appear cloudy over time. Because the two share a thermoplastic base, care guidance for one generally applies to the other.

Wire-and-Acrylic Retainers

Hawley retainers combine a metal wire with a rigid acrylic base. The acrylic tolerates cleaning methods similar to those used for dentures, but the wire and the junction where it meets the

acrylic can trap plaque that is difficult to reach with a toothbrush alone. Metal components used in dental appliances are generally compatible with ultrasonic cleaning.

Dentures

Full and partial dentures are typically built on a rigid acrylic base, sometimes with metal clasps. Denture care guidance from the American Dental Association discourages regular toothpaste, which is formulated for enamel and can be too abrasive for denture acrylic, and advises against very hot water. Voraiya noted that, as described in its previously published research summary, comparative studies have found chemical denture cleansers can outperform non-chemical methods against fungal growth under some test conditions.

Night Guards and Mouthguards

Night guards and sports mouthguards are usually thicker and more rigid than aligners, made to withstand grinding or impact, but they are worn in ways that can trap moisture and debris against the material for extended periods. Voraiya said published research specifically on ultrasonic cleaning for this category remains more limited than for retainers or dentures, and the company continues to recommend combining any mechanical cleaning method with regular rinsing and, where a dentist advises, an antimicrobial solution.

"We saw people using a retainer tablet on a wire retainer, then switching to a night guard and using the exact same routine, when the two materials call for different handling," said Eagle Zhou, founder of Voraiya LLC. "The point of laying this out is to help people figure out what their specific appliance needs, whether that means adjusting water temperature, avoiding a certain toothpaste, or just being more consistent about rinsing."

Voraiya said the guide is intended as a general reference and is not a substitute for care instructions from a treating dentist or orthodontist, since appliance designs and materials vary by manufacturer.

The guide is available at voraiya.com/blogs/news/how-to-clean-five-types-of-removable-oral-appliances. More information on Voraiya's products is available at voraiya.com.

About Voraiya LLC

Voraiya LLC designs at-home cleaning devices for removable oral appliances, including clear aligners, retainers, dentures and night guards. The company's product line combines ultrasonic and UV-C technology and is sold directly to consumers at voraiya.com. Voraiya LLC is based in Austin, Texas.

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