



Instructions for Invisalign

Take 400/800 mg of Motrin before seating retainers @ bed time

Switch retainers every 2 weeks at night before bed

Brush after every meal and snack

Brush retainers twice a day

Only drink water while wearing retainer

Call the Office if:

If teeth are not fitting properly in retainer

If rough edge is cutting into tissue or sores occur.

(You may smooth down edge with scissors or nail file)

use fine to med grit file careful not to cut into tooth surface