



GERMANTOWN
DENTAL VILLAGE

Tuan M. Nhu, DDS

19330 Liberty Mill Road, Germantown, MD 20874
drnhu@germantowndentalvillage.com
301-428-3211

RETAINER INSTRUCTIONS FOR USE

Plan to wear your retainer for 6 months, all day and evening (aside from eating and drinking - other than water).

After 6 months, you can wear your retainers every night.

To clean, use a toothbrush and antibacterial liquid soap.

It is recommended after orthodontic treatment to continue wearing retainers for life, as teeth will shift over time.

If your retainer no longer fits, you will need a new retainer.

Please reach out to us at any time if you have questions