

ORAL PIERCING AFTERCARE INSTRUCTIONS

CLEANING

INTERNAL:

- Wash your hands thoroughly prior to cleaning or touching your piercing for any reason.
- Keeping good oral hygiene practices is important in maintaining a healthy mouth and piercing. You will want to floss, brush, and use mouth rinse at least twice a day. It is vital to not overuse the mouth rinse.
- Gently brush the jewelry with a clean toothbrush regularly to avoid plaque buildup.
- Rinse with water (bottled or filtered) thoroughly after every time you eat, drink, or smoke.

EXTERNAL:

- Wash your hands thoroughly prior to cleaning or touching your piercing for any reason.
- Be sure to rinse your piercing thoroughly with warm water in the shower once a day. Then rinse with saline twice a day.
- Gently remove any discharge or crust that may have built up on your jewelry, then dry the area carefully with gauze.

WHAT TO AVOID

- Do not play with your jewelry. Long-term effects include permanent damage to teeth and gums.
- Avoid undue trauma; excessive talking or playing with the jewelry can cause scar tissue, migration, and other complications.
- Avoid using mouthwash containing alcohol or hydrogen peroxide. It can irritate the piercing and delay healing.
- Avoid oral sexual contact including wet kissing or oral sex during healing.
- Avoid chewing on tobacco, gum, fingernails, pencils, sunglasses, and other foreign objects that could harbor bacteria.
- Avoid sharing plates, cups, and eating utensils.
- Avoid using straws. Straw use can increase the risk of swelling and bleeding.
- Minimize the intake of smoking and vaping (tobacco or cannabis). It increases risks and prolongs healing time.

- Avoid aspirin, alcohol, and large amounts of caffeine as long as you are experiencing bleeding or swelling.
- Avoid submerging healing piercings in bodies of water such as lakes, pools, oceans, and even the bathtub.
- Each body is unique and healing times vary considerably. If you have any questions, please contact a professional piercer.

WHAT TO DO TO HELP REDUCE SWELLING

- Allow small pieces of ice to dissolve in the mouth.
- Take an over-the-counter, non-steroidal anti-inflammatory such as ibuprofen or naproxen sodium according to package instructions.
- Don't speak or move your jewelry more than necessary.
- Sleep with your head elevated above your heart during the first few nights.

ORAL PIERCING HINTS AND TIPS

- Once the swelling has subsided, it is vital to replace the original, longer jewelry with a shorter post or barbell to avoid damage to the teeth and gums.
- Because this necessary jewelry change often occurs during healing, please come back to see me to downsize the jewelry.
- With clean hands or paper products, be sure to regularly check threaded ends on your jewelry for tightness. For threadless jewelry make sure there is no gap between the post (inside) to the top (outside). In case of a gap, place your index finger and thumb on both sides of the jewelry and press them together. Be sure to check that the gap is closed.

Please do not hesitate to contact me with any questions/concerns you may have!

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