



TONGUE PIERCING AFTERCARE

A piercing is healed by your body, not by the cleaning agents you put on it. Aftercare helps your body be in an optimum state for healing. This means keeping the area clean and free of contaminants. Independent of the care you give the piercing, you should eat well and be well rested to help your body heal. A healthy diet including a multivitamin with up to 3000 mg. of vitamin C daily is important.

Yellow medicated Listerine should be used to care for a tongue piercing. Rinse mouth for 30-60 seconds with the Listerine after meals, beverages (except water) and smoking during the entire initial healing period. A new soft bristled toothbrush should be used to help reduce the bacteria that is introduced into your mouth. Be sure to check the balls of your barbell for tightness often. We are not responsible for lost or swallowed balls.

Try to go slowly when you eat and take small bites when you are getting used to your new jewelry. Soft foods are best at first. Cold foods and beverages feel great and can help diminish swelling. Drink plenty of liquids.

WHAT IS NORMAL

Considerable swelling of the area is perfectly normal during the healing process. It can be greatly reduced by gently sucking on clean ice whenever possible. You may also take an anti-inflammatory such as ibuprofen (Advil, Motrin, etc.) to reduce swelling. These products can be found over the counter at any drug store – please be sure you have no allergies before taking them.

Some tenderness or discomfort in the area is not unusual. You may feel aching, pinching, or tightness off and on during the healing process.

Don't be alarmed if you see a yellowish liquid secretion coming from the piercing. This is blood plasma, histamine and dead cells which is perfectly normal. All healing piercings secrete it, it just looks different inside the mouth as it doesn't have a chance to dry and form a crust. This is not pus, but indicates a healing piercing.

Plaque may form on tongue jewelry, commonly on the bottom ball and/or post. Scrub your barbell gently with a soft bristled toothbrush. If you are diligent with oral hygiene the jewelry will not need to be removed for cleaning, and it can usually be left in even for routine visits to the dentist.

Piercings may have a tendency to have a series of ups and downs during healing by seeming healed and then regressing. Try to be patient, and do keep cleaning during the entire healing time, even if the piercing seems healed sooner.

Each body is unique, and healing times can vary considerably.

Once initial swelling is down, you should consider having a shorter barbell put in. Jewelry which fits more closely is less likely to irritate your mouth or get between your teeth and be bitten.



WHAT TO AVOID

- No oral sex during the initial healing period.
- Avoid chewing gum or tobacco during healing.
- Stay away from aspirin, large amounts of caffeine, and alcoholic beverages for the first several days. These can cause additional swelling and discomfort.
- Refrain from eating spicy, salty, acidic, or hot temperature foods and beverages for the first week.
- Do not play with the piercing for the initial healing time beyond the necessary movement for speaking and eating. Try to avoid excessive talking, actively playing with the jewelry, or clicking the jewelry against your teeth. Undue stress on the piercing can cause the formation of unsightly and uncomfortable scar tissue, migration and other complications.
- Do not remove your jewelry unless it is absolutely necessary even after you are healed. Tongue piercings can shrink or close within minutes.

***If you have any further questions, please contact us- we welcome all calls. Do not take advice from others, including doctors - they are not educated in regards to body piercing.**

Our professional piercers know what's best for your piercings and will be glad to answer any questions you may have.