

Care for your Oral Piercing

Cleaning instructions for the inside of your mouth.

Rinse mouth with cleaning solution for 30 seconds after meals and at bed time (4-5 times daily) during the entire healing period. Cleaning too often or with too strong a rinse can cause discoloration and irritation of your mouth and piercing.

Cleaning instructions for the exterior of your Labret, Cheek and Lip piercings

Wash your hands thoroughly prior to touching your piercing for any reason. Use H2Ocean Saline wound wash or Ear Piercing after care solution. At least 2-3 times a day soak directly with a saturated cotton ball. A brief rinse afterward will remove any residue.

Soap, no more than once or twice day. While showering lather up a pearl size drop of the soap to clean the jewelry and the piercing. Leave the cleanser on the piercing no more than 30 seconds.

Rinse thoroughly to remove all traces of the soap from the piercing; it is NOT necessary to rotate the jewelry through the piercing.

Dry by gently patting with clean, disposable paper products. Cloth towels can harbor bacteria and snag on jewelry causing injury.

What is normal?

For the first 3-5 days: significant swelling, light bleeding, bruising, and/or tenderness.

After that: Some swelling, light secretion of a whitish yellow fluid (not pus). A piercing may seem healed before the healing process is complete. This is because piercings heal from the outside in, and although it feels fine, the tissue remains fragile on the inside. BE PATIENT, and keep cleaning throughout the entire healing period.

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 jewelry more than necessary.

Sleep with your head elevated above your heart during the first few nights.

Maintain good oral hygiene:

Use a soft-bristled toothbrush and store it in a clean area away from other toothbrushes.

Brush your teeth and use your chosen rinse after every meal.

During healing floss daily and gently brush your teeth, tongue and jewelry.

Once healed, brush the jewelry more thoroughly to avoid plaque build up.

Jewelry:

Once the swelling has subsided, it is VITAL to replace the original longer jewelry with a shorter post to avoid intra-oral damage.

Feel free to come back and we will change out your jewelry for FREE.

Because this necessary jewelry change often occurs during the healing process, it should be done by a qualified piercer.

Should you decide you no longer want the piercing, seek professional help in the removal of the jewelry and continue cleaning the piercing until the hole has closed. In most cases only a small scar will remain.

Eating:

Slowly eat small bites of food placed directly onto your molars.

Avoid eating spicy, salty acidic or hot temperature foods or beverages for a few days.

Cold foods and beverages are soothing and help reduce swelling.

Foods like mashed potatoes and oatmeal are hard to eat because they will stick to you mouth and jewelry.

For tongue piercings try to keep your tongue level in your mouth as you eat because the jewelry can get between you teeth when your tongue turns.

For labret (cheek and lip) piercings: be cautious about opening your mouth too wide to keep from catching your jewelry between your teeth.

What to avoid:

Do not play with your jewelry long term effects include permanent damage to teeth, gums and other oral structures. Avoid undue trauma; excessive talking or playing with the jewelry during healing can cause the formation of unsightly and uncomfortable scar tissue or other complications. Avoid chewing tobacco, gum fingernails, pencils, sunglasses, and other foreign objects that could harbor bacteria. Avoid smoking it increases risks and 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, etc.

Each body is unique and healing times vary considerably. If you have any questions or concerns please consult your piercer.

