

The most important thing to remember is that you must wash your hands thoroughly before handling any fresh piercing. The following recommendations are specific to oral piercings.

1. Use a non-alcoholic mouthwash such as Crest® Pro-Health mixed 1:1(half and half) with bottled water after everything you eat, drink, or smoke. Rinsing is required when you wake up and just before going to bed for the entire healing period. It is best not to smoke at all. You do not need to rinse after drinking water.
2. After a week you may skip rinsing after you drink. Continue to rinse after eating and smoking for the remainder of the healing period.
3. Brush regularly using an electric toothbrush for the least discomfort during the swelling period. You will need to brush your jewelry just like your teeth to remove plaque or other debris. Purchase a new brush prior to starting this.

You may use cotton swabs to remove any lymph or secretions that may be present, if you're unable to remove them with your toothbrush. Try to avoid smoky areas or smoking as much as possible. Avoid alcohol, aspirin, and any drugs not prescribed to you. Do not drink beer or malt beverages and avoid products with high levels of yeast and sugar. Avoid spicy foods, oily foods, dairy products, foods with small seeds or nuts that may become lodged in the piercing, and straws. To improve comfort during the swelling period try to eat soft foods such as apple sauce, mashed potatoes, sorbet, soups, etc. Chew your food carefully. Ice chips are great for pain and inflammation for tongue piercings, but only ice about 3-4 times a day for no longer than 15 minutes at a time. A high zinc multivitamin, good hydration and a healthy sleep pattern will improve your healing overall. Avoid others that may be sick, and wash your hands to avoid getting sick. Do not remove your jewelry unless instructed to by a professional piercer or your health care professional. The oral cavity may change colors according to the mouthwash you are using. White patches are abnormal. Swelling of the tongue will cause slurred speech that almost always returns to normal within a week. Always change your jewelry to a proper fitting size to avoid gum and teeth damage. Stainless steel and other metals can deteriorate the enamel on your teeth. After your piercing is healed Skinlab has a wide variety of plastic oral jewelry to make your dentist happy.

Consult a health care professional at the first sign of infection.

Symptoms of an infection can include: fever, redness, particularly if it spreads or forms a red streak, swelling or heat in the affected area, excessive pain or tenderness, and/or pus draining from or around the piercing. Follow all aftercare to reduce the risk of infections. Some people have sensitivities to metals and the appearance of a metal allergy and an infection are often very similar. If your piercing is in constant discomfort, has a discharge, is reddened beyond the first week without a causable factor, or simply doesn't feel "right" consult a health care professional. If a health care professional is unable to help or says that it is an allergic reaction and you need different jewelry, we are always glad to assist.

Your jewelry is _____ gauge and is made of 316 LVM SS or Grade 23 titanium.

Healing time for this piercing is: 4 ~ 6 weeks

Purchase jewelry that is made of the same material. Do not put in any other jewelry until your piercing is healed. When it is healed and you wish to change the jewelry, sanitize the jewelry using isopropyl alcohol of 70% or greater strength. Allow to dry thoroughly. Clean the piercing as previously stated in steps 1 through 5 and then insert the new jewelry. If you wish to have assistance with jewelry removal or insertion, please call or stop in at Skinlab.

Do not touch your new piercing unless you are cleaning it!

Piercer _____

Date _____