

## Oral Piercing Aftercare

Piercer: \_\_\_\_\_ Piercing: \_\_\_\_\_ Jewelry: \_\_\_\_\_

If healing well, jewelry downsized in: \_\_\_\_\_

If healing well, jewelry can be changed in: \_\_\_\_\_

### Suggested Aftercare for Piercing

#### Solution for Cleaning:

★(Piercer recommended)★ Use an alcohol free mouthwash of any brand or a non-iodized sea salt mixture 2-3 times a day until healed.

To make your sea salt mixture: Dissolve ¼ teaspoon of non-iodized sea salt into 8oz warm distilled or bottled water. A stronger mixture is not better.

#### Cleaning Instructions- inside mouth:

Thoroughly wash hands prior to making contact with your piercing. Clean 2-3 times a day with mouthwash or sea salt solution. Rinse for at least 30 seconds each cleaning, feel free to lightly brush your piercing if you feel comfortable doing so.

#### Cleaning Instructions- outside mouth:

Spray your piercing or fully saturate a cotton swab with saline and roll on piercing to remove any debris. Make sure to dry the piercing thoroughly afterwards. Once further into the healing process, you will be able to simply mist saline directly onto skin and allow it to air dry. When washing, rinse thoroughly with warm water. To dry: lightly pat with a disposable paper towel. Cloth towels can harbor bacteria and also catch on jewelry, causing injury or damaging the piercing.

#### What to Avoid:

Limit touching your piercing. Rotating jewelry throughout healing is **NOT** necessary and can slow the process. Never touch it with dirty hands. Do not overclean. If you like your piercing do not take it out; some piercings may seem fully healed before they are. Even if it feels fine or has been in your body for years it could still grow over in minutes! Everyone's body is different. Leaving your piercing alone is half of the process. Playing with your piercing may cause migration. Be wary of your oral piercing while eating and talking. Oral piercings are known to cause damage to teeth, and if not properly tightened you risk swallowing pieces of your jewelry.

#### Products to Avoid:

Cleaning alcohol, hydrogen peroxide, harsh soaps, ointments. Bactine and pierced ear care are not intended for long term wound care.

#### Helpful Tips:

Keep a healthy lifestyle! Get enough sleep and have a nutrient rich diet. Exercise during healing is fine but be sure to clean well after. Drink plenty of water; your body will appreciate it.

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