



Oral Piercing After Care

Rule #1 Don't touch your piercing, unless cleaning it, and remember to always wash your hands with antibacterial soap first.

What's Normal?

For the first 3-5 days: Swelling, Bruising, Bleeding and Tenderness after that some Swelling and Oozing (which causes crusties).

Rule #2: Do Not Pick at the crusties. Healing can take anywhere from 8 weeks to a year, depending on the piercing. Healing occurs from the inside out. Your piercing may seem healed when it actually is not. So be Patient.

Cleaning Your Piercing

Rinse for 30 seconds with non alcoholic mouthwash, 4 to 5 times daily (after eating, smoking and before bed), for the entire healing process. For lips, labrets and Monroe's use anti-bacterial hand soap (Dial) on the outside of the piercing, rinse and pat dry, as well as using mouthwash. In event of swelling, use ice, and aleve, or Ibuprofen. Take care when eating over the first few weeks; take small bites and chew slowly to avoid biting down on your jewelry.

What to Avoid

Do Not change the piercing for 4 to 6 weeks. Avoid oral contact for the entire healing period. Don't over rinse (Using mouthwash too often can cause irritation and or buring).