

ORAL AFTERCARE

Suggested Cleaners

- Any alcohol free mouthwash
- Post oral surgery mouthwash

Oral piercings are quick healing piercings. Typically they will swell for 4 to 10 days through the initial healing process. Once reaching its largest inflammatory level, the tissue will slowly reduce its swelling until it matches the surrounding tissue. During this time you may experience evidence of bruising through tenderness or discoloration and weakness in muscle tissue if the piercing is located in the tongue.

When caring for a fresh oral piercing we recommend eating foods cut into small bites with a knife and fork for the first few days. Avoid foods that are high in salt and spice because they may irritate the tissue. Do Not Use Straws or engage in activities that create unnecessary suction because it can draw blood into the swollen area and create more swelling and bruising. If you smoke, take soft pulls and refrain as much as possible.

Increase how much water you drink.

staying hydrated is not only good for you in general, but helps to rinse your mouth and reduce oral bacteria

Recommended Care

Rinse with mouthwash 5 to 7 times a day. This should occur after your morning and evening tooth brushing and also after your 3 meals per day.

Combination Care for Lips and Cheeks

Lip and Cheek piercings require a combination of internal and external care. This means treating the interior of the mouth with oral aftercare procedures and treating the exterior of the piercing with the recommended skin piercing care.

Lip piercings may take **4 to 6** months to be completely healed. **Cheek piercings** may take **8 to 12** months. During that time the jewelry may need to be reduced in size more than once as the initial jewelry is extra long to anticipate swelling.

Well fitted jewelry is very important to keep teeth protected. Ill fitted jewelry can damage teeth and in extreme cases gum damage. Frequent visits will never be regarded as cumbersome to a great piercing studio, so please always visit your piercer if you feel that your jewelry size is wrong for any reason,

Pay attention to the interior of your piercing. *If you swell more than the jewelry has room for, the disc can grow into the lip and could need to be cut out. If you cannot see or feel the back of your jewelry visit your piercer as soon as possible to get longer jewelry to avoid this issue worsening.*