

## *ORAL Piercing Aftercare*

### **Cleaning Solutions**

Use an **antibacterial mouthwash** such as Listerine, mixed with 50/50 distilled water.

The alcohol content in antiseptic mouthwash can lead to dry mouth and thrush. While diluting the mouthwash can prevent these conditions, it is suggested you rinse only when needed.

### **Swelling Prevention**

Swelling of the area is perfectly normal during the first stages of healing. Swelling can be reduced by sucking one **CHIPPED ICE** throughout the day for the first 5 days, when needed. Try to limit the use of your tongue as much as possible. Limit your talking, eating and drinking, as it can irritate your piercing.

Stay away from spicy foods and hot liquids. Eat cool, soft food for 3-7 days.  
Eat slowly so you do not bite your jewelry.

You can also take an over-the-counter **ANTI-FLAMMATORY** medication, such as Ibuprofen (Advil, Motrin) to help with the swelling. Take 600-800 milligrams 2-3 times a day for 3 days.

### **What To Do**

Rinse your mouth with the antiseptic mouthwash every time you eat or drink anything other than ice water. Do not smoke for the first 7 days, as it will cause an infection. After 7 days, if you do smoke, rinse with antiseptic mouthwash for the remainder of 30 days.

Your new piercing is in your hands and the outcome depends on you. **SCOPE, PLAX AND OTHER NON-ANTISEPTIC MOUTHWASHES ARE NOT SUITABLE FOR TAKING CARE OF PIERCINGS. ORAL CLEANSERS SUCH AS PREDECLARE AND DIOXIDE ARE TOO STRONG AND SHOULD ONLY BE USED WHEN ADVISED BY YOUR PIERCER.** Most importantly, advice should only be taken from the person who pierced you. **DO NOT TAKE ADVICE FROM ANYONE ELSE.**

Piercing: \_\_\_\_\_ Healing Time: \_\_\_\_\_

Piercer: \_\_\_\_\_ Please call for any questions: 410-719-1090