

ORAL PIERCINGS

Cleaning Solutions

Antimicrobial or antibacterial alcohol-free mouthwash

H2Ocean or any other packaged sterile saline solution with no additives (read the label) or non-iodized sea salt mixture: Dissolve 1/8 to 1/4 teaspoon of non-iodized (iodine free) sea salt into one cup (8oz) of warm distilled or bottled water. A stronger solution is NOT better! Saline solution that is too strong can irritate your piercing. If you have high blood pressure or a heart condition, please contact your doctor before using a saline product inside your mouth as your primary cleaning solution.

Cleaning the inside of the mouth

Rinse your mouth no more than 5 times a day with the cleaning solution. 60 seconds per time throughout the entire healing process. Make sure to rinse after meals, before bed, and when you wake up. Over cleaning can cause irritations, or discoloration.

Cleaning for the exterior of oral piercings

WASH your hands thoroughly prior to cleaning or touching on or near your piercing for any reason. SALINE soak no more than 3 times per day. Simply soak the piercing in a cup of warm saline solution for up to 20 minutes. The longer you soak the better. For certain placements it may be easier to apply using a fresh gauze pad saturated with the saline solution. A brief rinse will remove any residue. SOAP while showering use an antimicrobial, or antibacterial soap around the outside of the piercing only. DRY with a fresh gauze pad or q-tip. Cloth towels can harbor bacteria, and catch on fresh piercings causing injuries. Pat the area gently.

What is Normal

For the first 3-5 days, significant swelling, light bleeding, bruising, and tenderness. After that some swelling, light secretion normally a whitish yellow fluid. Although your piercing may feel healed sooner be patient and keep cleaning it. When piercings heal they heal from the outside in so the layers on the inside are still healing.

What to do

For the first week or so keep cold things in your mouth to reduce any swelling. Take an over the counter anti-inflammatory. Chamomile tea is also a great natural anti-inflammatory. Sleep with your head elevated above your heart for the first few nights. Maintain good oral hygiene use a new soft bristled tooth brush. Brush your teeth, use your rinse of choice, and floss after every meal. During healing brush your tongue and jewelry lightly. After the piercing is healed make sure to continue brushing the jewelry to avoid plaque buildup. Remember to lead a healthy life style. Get plenty of sleep with a nutritious diet.

What to Avoid

DO NOT PLAY WITH THE JEWELRY! Long term effects of playing with and clicking the jewelry against your teeth can result in permanent damage to the teeth and other oral structures. Avoid undue trauma. Excessive talking or playing with the jewelry during healing can cause the formation of unsightly and uncomfortable scar tissue, migration, and other complications. Avoid any alcohol it can irritate, as well as dry the piercing. Avoid oral sex contact or even wet kissing during healing. Avoid sharing of plates, drinks, utensils. Avoid chewing gum, tobacco, fingernails, or anything else that shouldn't be in your mouth. Avoid smoking all it does is irritates the piercing, increases risks, and lengthens the healing time.

Contact Nicole if you experiencing any discomfort, or have any questions! I do offer FREE follow ups!

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