

# Oral Piercing Aftercare Instructions

## Remember the rules...

- Don't touch the piercing with dirty hands. Always wash your hands with hot water and antibacterial soap beforehand. Keep handling of your piercing to a minimum... only touch it when you are cleaning it.
- Rinse out your mouth every time anything goes in your mouth: food, fingers, pencils, pens, drinks, cigarettes, alcohol, etc.
- Avoid spicy foods, complicated foods (anything you need to chew excessively to eat – burgers, spaghetti, nachos etc), candy and drinking straws for two weeks.
- Buy a new toothbrush. Don't use an old worn out brush on your brand new piercing!

## The steps:

- 1.) Wash your hands with hot water and antibacterial soap.
- 2.) If applicable, soak the piercing with saline for 30-60 seconds. Do not apply pressure to your piercing, simply soak it until any crusties have been dissolved.
- 3.) Rinse your piercing with sterile saline and pat dry. If you have threaded parts to your jewelry, ensure they are secure by gripping the jewelry and turning until you feel it stop.
- 4.) Repeat steps 1-3 three times daily for 6 weeks. If necessary continue cleaning once daily after showering until you reach the time indicated.

## Saline Solution:

Mix 3 tablespoons of natural non-iodized sea salt into 1 gallon of sterile distilled water.

Replace cap and shake jug until the salt has dissolved. When not in use, keep under bathroom sink at room temperature with the cap on. **Do not** use saline anyone else has used!

**Rinse your mouth with saline or an alcohol free mouth wash every time anything goes in your mouth. If a lip piercing, also soak and rinse the exterior of the piercing with sterile saline 3 times daily for 6-8 weeks.**