

SONIC TATTOO

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TONGUE PIERCING AFTERCARE

Healing time approximately 4 to 6 weeks.

Wash your hands thoroughly before touching your piercing or jewellery.

During the first 3 to 4 days the tongue usually swells to be larger than its normal size. Apply ice and drink ice water to minimize swelling and tenderness. Your barbell is long to allow for swelling. The swelling should slowly begin to recede during the first week, which is the initial healing period. Over the counter anti-inflammatory medications such as ibuprofen can help reduce swelling and discomfort. **Do not** take aspirin or consume a lot of alcohol, as both will thin the blood.

- Rinse with an original yellow antiseptic mouthwash for 30 to 60 seconds after eating, drinking anything other than water or smoking. Coloured mouthwashes such as blue or green contain higher amounts of sugar and colour, which can irritate a new piercing. If the alcohol content of the mouthwash is too strong you might want to cut it with water; doing this will mean that you will have to rinse twice as many times and for twice as long.
- Reduce smoking to a minimum while the piercing is healing. NOT smoking is better. The use of chewing gum and tobacco is highly discouraged if one has oral piercings, new or healed. While the tongue is swollen eat soft foods that do not require chewing to digest. Although you may not be eating much, remember to drink plenty of fluids. Avoiding dairy products due to the bacterial culture levels is recommended.
- No oral sex or wet kissing during the healing period.
- Stay away from beverages with large amounts of caffeine for the first several days. These can cause additional swelling and discomfort.
- Refrain from eating hot temperature or spicy foods and beverages for the first week.
- Do not play with the piercing for the initial healing time beyond the necessary movement for speaking and eating. Try to avoid excessive talking, actively playing with the jewellery or clicking the jewellery against your teeth. Undue stress on the piercing can cause the formation of unsightly and uncomfortable scar tissue, migration and other complications.
- Do not remove your jewellery unless it is absolutely necessary even after you are healed. Tongue piercings can shrink or close within minutes.

Some tenderness or discomfort in the area **is not unusual**. You may feel aching, pinching or tightness off and on during the healing process.

Piercings may have a tendency to have a series of ups and downs during healing by seeming healed and then regressing. Try to be patient and do keep cleaning during the entire healing time, **even if the piercing seems healed sooner**.

Remember that each body is unique and healing times can vary considerably

Check the tightness on tongue barbells daily; your barbell is threaded at both ends. We are not responsible for lost or swallowed balls.

Tongue barbells accumulate plaque. Plaque traps bacteria and can irritate the piercing. Using an anti-plaque rinse will usually prevent plaque accumulation but brush your barbell as well to reduce any possibility of plaque build up.

Get a new toothbrush; an old toothbrush is a haven for bacteria. Do not chew on pens or other items, which may be contaminated with bacteria. Do not share eating utensils or glasses.

To reduce the risks of speech and eating impediments and chipping teeth, consider getting a shorter barbell after the swelling recedes, usually after 2 to 4 weeks. If you accidentally bite down on the barbell while eating and talking you should shorten the barbell as soon as possible. You may purchase a shorter bar instead of buying the entire second barbell.

You may notice a slight irritation where the bottom ball rests on the bottom of your mouth or lower gums. Shortening the barbell usually eliminates irritation. If the ball continues to rub against the gums after the barbell is shortened a shorter smaller ball should be worn.

Occasionally a tongue piercings will develop white or pink scar tissue around one or both entrances. Scarring is usually caused by physical stress or chemical irritation. Minimize playing with your barbell. Eliminate sources of chemical irritation such as smoking, coffee and spicy foods. Shortening the barbell, as the swelling recedes will reduce the physical stress. If the scarring is persistent, contact me for suggestions.

Please remember that I am not a physician. My suggestions should not be construed as medical advice.