

SONIC TATTOO

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ORAL PIERCING AFTERCARE

Healing time approximately 2 to 4 months.

Wash your hands thoroughly before touching your piercing or jewellery.

Lip piercings usually swell. Rinse with ice water and apply ice to reduce swelling. The swelling should slowly begin to recede after 3 to 5 days. If you are wearing a Labret stud the stud is long to allow for swelling; it may be shortened after the piercing is healed. Check the tightness of the threaded Labret jewellery daily. 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.

Cleaning the outside entrance:

Clean the outside entrance of your piercing **twice a day** using a **Wicked Wax All Natural Soap**.

- Over cleaning can irritate the piercing so do not clean more often unless the piercing has been exposed to dirt, sweat, or bodily fluids. **Saline** solution may be used to remove dried discharge between cleanings.
- Wash and rinse your hands. Remove any dried discharge from the jewellery using a cotton swab and warm water before rotating the jewellery; do not use your fingernails. Apply the soap around the piercing and work it into lather while rotating the jewellery; for at least 15 seconds. Allow the lather to saturate the piercing for approximately 3 minutes. Rinse your piercing, jewellery and the surround area thoroughly under running water. While rinsing rotate the jewellery several times.
- Do not use a washcloth or sponge to clean your piercing. Cloths and sponges collect and trap bacteria and mildew. Rinse your piercing and jewellery thoroughly with water after showering or bathing to remove soap residues.
- Remember to dry the piercing using a tissue or swabs. Bacteria thrive in warm, moist environments.
- After the healing process is complete, you should continue to clean your piercing once a day as part of your daily routine to prevent a build-up of dirt and dead skin cells.

Cleaning the inside entrance:

- 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. Avoiding dairy products due to the bacterial culture levels is recommended. Avoid consuming very hot or spicy foods and drinks while the piercing is healing.
- Labret studs accumulate plaque around the disc. 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.
- Remember, NO oral contact during the healing process. This includes wet kissing and oral sex. The most frequent causes of infection are touching the piercing or jewellery with unwashed hands or contact with unclean items such as clothing, bedding and hair. Do not allow your piercing to come into contact with cosmetics, lotions, perfumes or hairsprays.
- Get a new toothbrush; an old toothbrush is a haven for bacteria. Do not chew on pens or other items or share eating utensils or glasses.

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