

QUESTIONS OR CONCERNS CALL US AT 417.883.9636 OR EMAIL US AT [PIERCING@KSCOPE4FUN.COM](mailto:PIERCING@KSCOPE4FUN.COM)

# Oral Piercing Aftercare



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## THE APPROXIMATE HEALING TIMES FOR ORAL PIERCINGS VARY:

- Tongue piercings take from 2 to 3 months to completely heal
- Lip and Labret piercings take 3 to 6 months to heal completely
- Dimples take 6-12 months to completely heal
- Smiley and Lingual frenulum take 3 months to completely heal

## CLEANING THE OUTSIDE OF THE LIP/LABRET/MONROE:

**Sterile saline wound wash** is the only product professionally recommended to clean your piercing. While there are quite a few different wound wash products on the market that would work, we prefer, and sell, Neilmed Wound Wash Spray. The spray is sterile, drug free, and preservative free, and will cause no burning or stinging. Spray directly on your piercing 2-3 times a day using it no more than 4 times a day. Aim nozzle at the piercing and spray from a distance of 2 to 4 inches. Avoid using a q-tip or cotton ball due to fibers from the swabs catching on the jewelry and causing irritation. Follow this routine for the first 2 months then use only as needed. USE ONLY AS DIRECTED, IF SYMPTOMS PERSIST SEE YOUR DOCTOR/HEALTHCARE PROFESSIONAL. ALWAYS READ THE LABEL.

**Hot Saline Compress:** For soreness or piercing bumps you can saturate a gauze pad with Saline Wound Wash and warm it in the microwave on a clean plate. Then place the gauze on the piercing for 10min. You can do this once an hour for a maximum of 4 times a day. This is very beneficial for healing and relieving any piercing bump.

In the shower you can use you soap ( mild liquid soap that's NOT ANTIBACTERIAL) to gently clean outside the piercing but take care NOT to work it into the actual piercing . At the end of the shower be sure to thoroughly rinse your piercing for 1-2min. When it's possible, cup your hand under the piercing to form a small pool and let it soak in the clean water as it runs down on you. this will help loosen and clean any "crusties" that may have accumulated. **DO NOT PICK AT THE CRUSTIES. LET THEM COME OFF AT THEIR OWN PACE.**

## CLEANING THE INSIDE OF YOUR LIP/LABRET/MONROE:

Use an alcohol-free antimicrobial mouth wash (Tech2000, H2OCEAN or Crest Pro Health) and swish for 45 seconds 2-3 times a day for the healing time. Do not over clean! The inside of the piercing will develop a thin white film around the opening. This is normal. These are dead skin cells and lymph your body is excreting. Same as the "crusties" the outside of your piercing develops, but it never dries out. Always remember not to move or remove the jewelry. Your piercing will heal best if left to move naturally.

## HEALING PROCESS:

The moment you are pierced, your body naturally sends white blood cells to the area through your blood stream. Once the blood cells arrive, they begin to sew up the damage and create new tissue. Their goal is to solidify the passageway around the jewelry. As this goes on, the cells and tissue destroyed during the piercing are discarded from the body. Taking this into consideration, a new piercing may:

- Be red and swollen around the area
- Itch (but don't scratch)
- Bleed slightly for several days
- Secrete a whitish-yellow fluid which may form a crust on the jewelry. (This is mostly plasma and dead cells, it's not puss, don't pick at it.)
- Swell the tongue or lip. This will be the most uncomfortable for the first 3-5 days.

Now that you know what to expect from your new oral piercing, you must learn how to properly care for it. The key to a successful piercing is making sure that you don't interrupt the healing process. If you follow these simple instructions, your piercing will look best, feel best and heal best.

## ESTIMATED INITIAL HEALING TIMES:

Everyone heals at a different rate. Listed below are the average times for which you should clean regularly. Remember that even after the initial healing period, your piercing will still need up to a full year to completely heal (toughen up). Always treat your piercing with care and gentleness.

- Tongue piercings take from 2 to 3 months to completely heal
- Lip and Labret piercings take 3 to 6 months to heal completely
- Dimples take 6-12 months to completely heal
- Smiley and Lingual frenulum take 3 months to completely heal

Your piercing was preformed professionally and appropriately. Follow these simple suggestions, and your healing period should go smoothly. Although not physicians, piercers are available whenever you have questions about aftercare. Please call us anytime!

## IMPORTANT TIPS:

### Ice To Keep Swelling Down

To bring down swelling and soothe aching, become best friends with an ice cube! Lots of cold stuff: popsicles, slushies, ice cream, etc. can greatly reduce swelling and help with soreness and aches. Swelling with oral piercings lasts 1-2 weeks. During this time you should be applying ice as much as possible. (Like anything that swells, cold is good and heat is bad.) Products with Ibuprofen such as Advil or Aleve can also be used in this area as well.

**Leave Your Piercing Alone.** Piercings do best if you leave them alone! Let your piercing move naturally and never play with it.

**Keep Your Hands Clean.** Always wash your hands with a liquid antibacterial soap (like Dial) before and after you clean or touch your piercing. Never let anyone else touch it!

**Never Trade Jewelry.** Sharing of bodily fluids can be dangerous and that is exactly what you are doing if you share body jewelry.

**Be Patient.** Everyone heals at a different rate.

**Important Note:** Smoking can significantly increase your healing time. You should try to at least cut back during the initial healing of your new oral piercing.

## DO I HAVE AN INFECTION?

Infections are caused by contact with bacteria, fungi or other living pathogens. Piercing infections can usually be traced to one of the following activities:

- Oral contact with the piercing
- The piercing is touched by unwashed hands
- Allowing body fluids to contact the piercing

## I MIGHT HAVE AN INFECTION, WHAT SHOULD I DO?

While it's never inappropriate to see your piercing-friendly physician, a call or visit to your piercer may save you a trip. If possible, visit your piercer and show him or her the piercing. Also tell him or her about any circumstances which may have led to the possible infection.

### Important:

Please don't remove the jewelry! This may aggravate the problem by closing off the drainage for the matter.