

CARRIBBEAN CONNECTION

AFTERCARE INSTRUCTIONS FOR ORAL PIERCINGS

For additional information call: (904) 241-4231

CLEANING SOLUTIONS

- Use one or both of the following solutions for inside the mouth:
 - Any mouthwash antiseptic that is recommended by the American Dental Association (it will have the ADA logo on it), such as Listerine or the generic of, is a proper solution. Scope is just a breath freshener and is not recommended by the ADA. The color of the antiseptic will not interfere with the healing of your piercing but do expect discoloration (if you use blue Listerine expect some blue discoloring in your mouth).
 - Packaged sterile saline solution with no additives (read the label), H2Ocean® Spray, H2Ocean® mouthwash, or non-iodized sea salt mixture: Dissolve 1/8 to 1/4 teaspoon of non-iodized (iodine free) sea salt into one cup (8 oz.) of warm distilled or bottled water. A stronger mixture is not better. Saline solution that is too strong can irritate your piercing. (If you have high blood pressure or a heart condition, please check with your doctor before using a saline product as your primary cleaning solution.)

CLEANING INSTRUCTIONS

- **WASH** your hands thoroughly prior to cleaning or touching your piercing for any reason.
- **SALINE** soak at least two to three times daily. Simply soak directly in a cup of warm saline solution for five to ten minutes. For certain placements it may be easier to apply using clean gauze saturated with saline solution. A brief rinse afterward will remove any residue. Or With H2Ocean® just spray lightly and let soak in, repeat about every four (4) hours.
- **SOAP** no more than once or twice a day. While showering, lather up a pearl size drop of the soap to clean the jewelry and the piercing. Leave the cleanser on the piercing no more than thirty seconds.
- **RINSE** thoroughly to remove all traces of the soap from the piercing. It is not necessary to rotate the jewelry through the piercing.
- **DRY** by gently patting with clean, disposable paper products. Cloth towels can harbor bacteria and snag on jewelry, causing injury.

CLEANING INSTRUCTIONS FOR INSIDE THE MOUTH

- Rinse mouth with cleaning solution for 30 seconds after meals and at bedtime (4-5 times daily) during the entire healing period. Cleaning too often or with too strong a rinse can cause discoloration and irritation of your mouth and piercing.

CLEANING INSTRUCTIONS FOR THE EXTERIOR OF LABRET PIERCINGS

- Soak in saline solution and/or wash in mild, fragrance-free and dye-free soap, preferably antibacterial or sensitive skin soap.

WHAT IS NORMAL?

- For the first three to five days: significant swelling, light bleeding, bruising, and/or tenderness. After that: Some swelling, light secretion of a whitish yellow fluid (not pus). A piercing may seem healed before the healing process is complete. This is because they heal from the outside in, and although it feels fine, the tissue remains fragile on the inside. Be patient, and keep cleaning

throughout the entire healing period. Even healed piercings can shrink or close in minutes after having been there for years! This varies from person to person; if you like your piercing, keep jewelry in-do not leave the hole empty.

WHAT TO DO...

- **TO HELP REDUCE SWELLING:**
 - Allow small pieces of ice to dissolve in the mouth.
 - Take an over the counter, non-steroidal anti-inflammatory according to package instructions.
 - Don't speak or move your jewelry more than necessary.
 - Sleep with your head elevated above your heart during the first few nights.
- **TO MAINTAIN GOOD ORAL HYGIENE:**
 - Use a new soft-bristled toothbrush and store it in a clean area away from other toothbrushes.
 - Brush your teeth and use your chosen rinse (saline or mouthwash) after every meal.
 - During healing floss daily, and gently brush your teeth, tongue and jewelry. Once healed, brush the jewelry more thoroughly to avoid plaque buildup.
- **TO STAY HEALTHY:**
 - The healthier your lifestyle, the easier it will be for your piercing to heal.
 - Get enough sleep and eat a nutritious diet.
 - Avoid emotional stress, which can increase healing times by up to 40%.
 - To help healing and boost your ability to fight infection, think about taking nutritional supplements daily, including iron, vitamin B, vitamin C, and zinc. Consult with specialist for appropriate amounts.

ORAL PIERCING HINTS AND TIPS

- **JEWELRY:**
 - Once the swelling has subsided, and healing is complete, longer jewelry should be changed with a shorter post to avoid intra-oral damage.
 - With clean hands or paper product, be sure to regularly check threaded ends on your jewelry for tightness ("Righty-tighty, lefty-loosey.")
 - Carry a clean spare ball in case of loss or breakage.
 - Contact your piercer for a non-metallic jewelry alternative if your metal jewelry must be temporarily removed (such as for a medical procedure).
 - Should you decide you no longer want the piercing, simply remove the jewelry (or have a professional piercer remove it) and continue cleaning the piercing until the hole closes. In most cases only a small mark will remain.
 - In the event of an infection is suspected, quality jewelry or an inert alternative should be left in place to allow for drainage of the infection. Should the jewelry be removed, the surface cells can close up sealing the infection inside the piercing channel, resulting in an abscess. Until an infection is cleared up, leave the jewelry in!
 - Do not remove jewelry unless instructed to by a medical professional.
- **EATING:**
 - Slowly eat small bites of food placed directly onto your molars.
 - Avoid eating spicy, salty, acidic, or hot temperature foods or beverages for a few days.
 - Cold foods and beverages are soothing and help reduce swelling.

- Foods like mashed potatoes and oatmeal are hard to eat because they stick to your mouth and jewelry.
- For tongue piercing, try to keep your tongue level in your mouth as you eat because the jewelry can get between your teeth when your tongue turns.
- For labret (lip) piercings: be cautious about opening your mouth too wide as this can result in the jewelry catching on your teeth.

WHAT TO AVOID

- Do not play with your jewelry. Long term effects include permanent damage to teeth, gums, 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 oral sexual contact including French (wet) kissing or oral sex during healing (even with a long-term partner).
- Avoid chewing on tobacco, gum, fingernails, pencils, sunglasses, and other foreign objects that could harbor bacteria.
- Avoid sharing plates, cups, and eating utensils.
- Avoid smoking! It increases risks and lengthens healing time.
- Avoid stress and all recreational drug use.
- Avoid aspirin, alcohol, and large amounts of caffeine as long as you are experiencing bleeding or swelling.
- Avoid submerging healing piercings in bodies of water such as oceans, pools, small poodles, etc.

Each body is unique and healing times vary considerably. If you have any questions, please contact your piercer.

Disclaimer

These guidelines are based on a combination of vast professional experiences, common sense, research and extensive clinical practice. This is not to be considered a substitute for medical advice from a doctor. Be aware, however, that many doctors have no specific training or experience regarding piercing and may not be educated on how to best assist you.