

KEEP IT CLEAN!

Oral Aftercare

All procedures are carried out using pre autoclaved or disposable utensils in a clean environment.

The difficult job of keeping it clean is now your responsibility!

BEFORE YOU CLEAN YOUR NEW PIERCING ALWAYS WASH YOUR HANDS...

This is singularly the best way to avoid spreading bacteria

ALL oral piercings swell initially, so you'll be pierced with a longer bar to allow for this.

After swelling has reduced you need to return to us for a downsize.

We will provide free fitting on jewellery purchased from us.

If you have any concerns regarding your new oral piercing please either return to the studio or see your doctor.

- ◆ We'll supply you with 3 dissolvable mouthwash tablets. These mixed with water, create a mouthwash solution; 1 tablet in a 500ml bottle of water to carry with you for 3 days.
- ◆ A hot salt water solution is required to clean the piercing for the remaining healing period. To make this you'll need; 1/4 teaspoon of Rock salt or Sea salt (NOT TABLE SALT) to half a mug of boiled water. Make sure the water isn't too hot to avoid pain or accidental burns.
- ◆ For 2-6 weeks you'll need to rinse your mouth with this solution twice a day.
- ◆ AVOID: spicy food, acidic food/drinks, fizzy drinks, hard foods, extremely hot food/drinks and alcohol.
- ◆ Alcohol may increase swelling.

AND FINALLY... LEAVE IT ALONE!

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Piercing

Date of Piercing

Change Date*

*Healing rates can vary and are guidelines only. Removal of jewellery prior to 2 years can result in your piercing closing entirely.