



**Silverline
Body Piercing
Jenn & Beth**

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**Aftercare Instructions
for Tongue
Piercings**

Rinse the inside of your mouth each time after you eat, smoke, drink or put anything in your mouth, except water, with LISTERINE mixed 1/2 water 1/2 Listerine for the next TWO WEEKS.

During the first few days you can suck on ice cubes. If you like you can also make ice cubes out of your favorite teas. You might also alternate from hot to cold drinks, as well, to reduce the swelling (like a hot/cold compress).

Important: There will be a lessened chance of the barbell coming undone if you tighten the balls on the barbell before and after you eat and sleep.

After ten days start brushing the balls on the top and bottom of the barbell when you brush your teeth, you may brush your teeth right away. This avoids a tarter build-up from forming on the balls which makes it impossible to remove them.

Once the swelling in your tongue has gone down, wait two weeks, and then purchase a shorter barbell. Shortening the length of the barbell will reduce the chance of biting the balls and provide added comfort. Hence, you can change your barbell after 3 weeks of having your tongue pierced.

Avoid: Oral contact of any kind for three or four weeks following an oral piercing. Remember you have an open sore in your mouth and are at higher risk. Avoid drinking beer or wine for two weeks, hard liquor is OK.

There may be a white mucus like substance that will come from the piercing. This is normal and it is just white blood cells and dead bacteria. This will not be a permanent feature of your new tongue piercing and should cease within a couple of weeks.

There could also be the formation of 'dents' in the swollen tissue of the tongue from where the balls of the barbell rest. These may remain after the swelling has gone down but will become less obvious in time.

The Dos and Don't of Tongue Piercings

DO

-Do remember that tongues swell, a lot and eating is not the easiest thing to do at this time. Remember that this only lasts about a week and after that you will actually be glad you got your tongue pierced.

-Do keep your new piercing clean and follow the instructions given; by us, not the internet or your sister's friend's cousin.

-Do be careful with your new piercing. Bumps and bangs can tear the healing tissue and possibly off set the piercing.

-Do eat right while trying to heal a piercing, even if the piercing is a tongue piercing. This includes milk products too; yes you can eat and drink milk.

Do NOT

-Do NOT rinse with anything else other than salt water or Listerine, no scope etc... If you're not sure ask.

-Do NOT use Polysoprin or other ointments.

-Do NOT allow oral contact with the piercing. Wait at least a few weeks before getting back to passionate kisses.

-Do NOT play rough with a new piercing. Try and keep it in your mouth for a few days at least too getting it caught on your teeth is not going to help the healing. Playing with it can also stretch the piercing and or rip it. To be honest this can look kind of disgusting.

-Do NOT ever remove the jewelry unless you want to make the removal permanent! Even if it looks infected, call us first. If you think you have had the piercing long enough to take it in and out, call us first. (After a year tongue piercings can heal over within an hour without the jewelry in them.)

-Do NOT have a piercing done if you are stressed out, ill or on antibiotics. Your piercing could take longer to heal and suffer more complications.

Healing and Infection

A piercing can display certain symptoms of infection, but not be infected. This is an "inflammatory response". There can also be a white/light yellowish discharge. This substance normally comes from the bottom of the tongue piercing. Carefully use a q-tip and remove it from around the piercing and post. This will generally stop when the swell goes down.

Tongues swell, swelling can last anywhere from 2 days to 2 weeks, however, average is 3-7days. You can take an over the counter anti-flamitory (Advil/Midol), though this is not really needed.

Your tongue will also get a whitish fuzzy layer on it; this will also go when the swelling does.

Signs of Infection:

Infections in tongue piercings are rare, things to look for are greenish discharge, extensive swelling and an odd taste.

If you get an infection getting upset just makes things worse. Call us or come in, we can usually help if not we would be more than happy to work with a physician to help make it better, this does not have to be the end of your piercing.