

Taking care of your new **ORAL PIERCING**

What to Clean With:

Pre-packaged, sterile **saline solution** (frequently called **WOUND WASH**) OR a solution you make yourself using the following recipe: ¼ teaspoon of NON-IODIZED sea salt into 1 cup of warm DISTILLED water. Anything stronger can irritate your piercing so not too much salt!

An **alcohol-free mouth rinse** such as **Biotene**.

What to Do:

For the inside of your mouth:

Rinse your mouth with the alcohol-free rinse at least 5 times a day (after eating, when you wake up, before bed, etc.).

For the outside of your mouth:

Always wash your hands before touching your piercing for any reason.

Saline-solution (see above) on a q-tip (not a cotton ball) 3 times daily

Soap (anti-bacterial) once daily. Lather up a dime sized drop of soap to clean the piercing and the jewelry.

Rinse to remove all soap from the piercing

Dry gently with a clean paper towel. Be careful as cloth towels could snag the jewelry.

What is Normal:

For the first few weeks: Mild pain, swelling, minor bleeding and soreness

During healing: some discoloration, itching, oozing if a white-ish fluid (not pus) that will form some crust on the jewelry. Your skin may feel tight around the jewelry as well.

Remember: Piercings heal from the inside out, so your piercing may feel just fine before the entire healing process is complete. So, even if it feels fine, the new skin is fragile on the inside. Be patient and keep cleaning it all the way to the end of your healing period.

Additional:

Avoid playing with your jewelry, chewing gum, oral contact with others, smoking, or dark colored alcohol.

Chew on ice to help reduce swelling, or take an OTC anti-inflammatory if you can

Eat and speak slowly to start until you are used to the jewelry and the swelling is reduced.

Avoid all personal beauty products like cosmetics, cleansers, lotions, or sprays.

As always, please call us with any questions or concerns!

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