

Important

Leave healing piercings alone! The only time you should handle an unhealed piercing is when you are cleaning it!

Never Use

Alcohol / witch hazel (Purell or other hand sanitizers are also alcohol based and should be avoided), hydrogen peroxide, iodine (Betadine), Bactine, or Hibiclense as these products may damage healing tissue.

Also, stay away from petroleum jelly based antibiotic ointments (Neosporin, Bacatracin, or Triple antibiotic ointments.) These products clog the piercing and delay healing.

Avoid

- Handling healing piercings with unwashed hands.
- We strongly discourage the use of alcohol, marijuana, amphetamines (including ecstasy), or other mind altering substances following oral piercings. Use of these drugs may complicate your healing.
- It is also advisable to reduce your intake of spicy foods, caffeine, hot beverages, and cigarettes until your piercing is fully healed.

-You must avoid open mouth kissing and unprotected oral sex for the entire healing period!!!! This means at least six weeks!

Do

- Eat a balanced diet and get plenty of exercise and rest. Healthy bodies heal faster.
- Call or stop in if you have any questions or problems.

For Oral Piercings

Keep ice in your mouth for the first three days. This will help reduce swelling and soreness. All oral piercings can swell, and swelling can last up to ten days. Be patient! (Ibuprofen can also help reduce swelling and soreness.)

You will need to clean the piercing **twice daily** with an oral antiseptic called **Gly-Oxide** (carbamide peroxide), available from most supermarkets and drugstores. Additionally after ingesting anything besides water, rinse for ten seconds with **Listerine** or similar antibacterial mouthwash. If you smoke or find this product too harsh, you may dilute it by half with water. In some cases salt water rinses may be preferred (one tablespoon salt to one cup warm water.)

Lip Piercings

The instructions above should be followed for cleaning the area inside the mouth. Listerine should be used diluted by half with water, as this tissue is very delicate.

The external areas (your lip piercing outside your mouth) should also be cleaned **two to three times a day** with **Ear Care Antiseptic** solution. Use a cotton swab with Ear Care to remove crusties and clean the jewelry. Do not use Ear Care inside the mouth.

Swelling

Oral piercings can be swollen and sore for the first seven to ten days, sometimes considerably. Because of this, longer jewelry is used for a new piercing than what is necessary for a healed piercing. When the piercing is healed, if you want, you can put in a smaller post (some people like the longer barbells to play with). If after two weeks your piercing is still uncomfortable, or if you are still having difficulty talking, you can size down after two weeks.