

ORAL PIERCING AFTERCARE

Your piercing is a wound and not a toy!

- Pay attention to cleanliness: a fresh piercing must **not** be touched with unwashed fingers
- Avoid moving the jewellery (twisting, pulling, pushing back and forth, etc.).
- Keep forms of pressure and hair away (e.g. mask straps, headphones, telephone, cap etc.)
- Keep all cosmetic products away (soap, hair dye, shampoo, make-up & make-up removal wipes, sun cream, perfume, etc.).
- Jewellery must be **worn continuously** throughout the healing period.
- Avoid sauna, solarium, swimming pools, bathing lakes, sea and full baths for at least six weeks (splashing water can also be dangerous for the piercing, which is why we advise against going into the water "only up to the knees").
- Change your bedsheets freshly and regularly
- Pets do not belong in the bed (not even at the foot end!) during the healing process.
- Avoid hitting the jewellery against your teeth or chewing on it. Teeth are irreplaceable!
- No exchange with foreign body fluids (saliva, semen, blood).

Smoking should be reduced as much as possible during the healing phase; under no circumstances should you smoke during the first 24 hours.

The following dietary restrictions apply for the next 10-14 days:

- no fruit acids: no fresh fruit, fruit juices (unless strongly diluted with water)
- no highly sugary foods (cola, lemonade, sweets)
- no "splintery" foods (crisps, crackers, nuts, etc.)
- no foods that are too hot or too spicy

External care (for Lip). From the next morning, do the following twice a day until healing is complete:

- Wash your hands thoroughly
- Shower the pierced area with clean tap water (let the water run over the piercing for a few minutes for the crusts to soften).
- Remove crusties carefully & dry your piercing.
- Wet a new compress with sterile saline solution.
- Put the moistened compress on your piercing for **min.5- max.10 minutes**.
- Dab the the piercing dry after the soak. This is a key step!

Internal care (for all oral piercings). From the morning after piercing:

- Brush your teeth twice a day. Be a little more careful in the pierced area.
- For 10-14 days: Gargle twice a day with an antibacterial mouthwash (without alcohol. Meridol or similar) for 20-30 seconds.
- Alternatively, you can rinse with sea salt solution, which you can also use for longer.

Tip: Drink plenty of water or unsweetened mild herbal tea, especially with food. Since toothbrushes are a breeding ground for germs, it is advisable to use a new one. To counteract the swelling, it is a good idea to cool the piercing site: e.g. with cold water or cold camomile tea. The tongue can also be cooled with ice cubes (freshly freezed). However, no more than three times a day for 3-5 minutes. Keeping the head elevated at night (one or two extra pillows) can reduce swelling in the morning.

We do **NOT recommend disinfection** as this kills the body's own important bacteria as well as flushing the newly forming cells out of the wound, therefore slowing down wound healing.

Please do not use Octenisept, Prontolind, Tyrosur and similar products. **Do not use ointments** or more than one product at a time. Any changes in care should always be discussed with your piercer.

In the **first 2-3 days** after piercing, bleeding may occur if you take blood thinners such as aspirin (acetylsalicylic acid-based painkillers) and drink alcohol. The painkillers ibuprofen and paracetamol do not pose a danger.

If unexpected symptoms occur, e.g. severe swelling, jewellery that is too short and/or other discomfort, **please book a troubleshooting via our homepage immediately and briefly describe the problem**. On **Sunday and Monday**, you can reach us for **emergencies via Instagram**.

Swelling of the lymph nodes, a coated tongue (in the case of tongue piercings) and pressure marks on the tongue or palate are to be considered normal symptoms.

After 3 weeks, please send pictures from all angles via email or Instagram. When the swelling has passed, suitable jewellery has to be inserted to protect teeth and gums.

You can find more information on this and how the pictures should look best on our website at en.nakedsteel.de/piercing-downsize.

We recommend that you wear jewellery all the time, even when the piercing has healed, as the canal can contract very quickly. A ring can only be inserted after complete healing.

Stress, tension and poor nutrition have a negative effect on the healing of a piercing. Drugs and excessive alcohol consumption should be avoided during the healing phase.

Healing times in Months	Tongue	2-3	Lip & Tongue web	2-3	Lip	4
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