

AFTERCARE FOR ORAL PIERCING

- The piercing is pierced with a longer barbell/labret to allow for swelling. This can last for an average of 2 weeks. Once the swelling has gone, a shorter barbell/labret can be fitted. Bring your receipt back into the shop for a free downsize.
- Whilst swollen, it is advisable to sleep with your head elevated above your heart, this will prevent further swelling.
- Even a healed piercing can shrink or close in minutes, this will vary from person to person but if you want to keep your piercing, leave jewellery in place at all times.
- Avoid alcohol, Paracetamol/Aspirin whilst the piercing is swollen, as these can increase swelling. If a painkiller is needed, an Anti- Inflammatory such as Ibuprofen can be taken. Holding ice chips in your mouth may also ease swelling.
- Avoid chewing on gum or fingernails etc whilst the piercing is healing, as well as sexual oral contact including kissing.
- Tongue; Using Metal Morphosis Alcohol-Free Mouthwash, rinse morning/evening for at least 60 seconds, after brushing your teeth. Rinse after eating/drinking/smoking etc for the entire healing period (2-3 months in most cases)
- Lip/Cheek; Wash hands before touching the piercing. Clean 2-3 times daily with Metal Morphosis Antibacterial Cleaning Solution. Use a cotton bud to soak off dried lymph discharge. Repeat daily until the piercing has fully healed (3-4 months in most cases.)

This information is designed to help you heal and care for your piercing(s). Please note that each body is unique and may react differently to specific treatments. If further assistance is required, either come in and see us or contact your piercer using the contact details below.

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