



Oral Piercing

**Oral piercing may be trendy, but there are risks.
Stay safe and follow proper oral care to avoid complications.**



BE A SMART CONSUMER

- Talk to a dentist, dental hygienist, doctor, or nurse before making your decision.
- Have the studio provide verbal and written instructions on caring for your piercing.
- Ask about the studio's sterilization methods.
- Make sure the piercer practices proper hand washing and wears single-use gloves.

POSSIBLE RISKS AND COMPLICATIONS

- **Teeth and gum problems:** oral jewelry may damage, chip or break teeth and fillings, or cause gingival recession.
- **Nerve damage:** piercing can injure the facial or tongue muscles.
- **Infection:** swelling, pain and pus around the site.
- **Potential for disease transmission:** spreading hepatitis, HIV, herpes, if proper sterilization methods are not used, or if you have oral sex during the healing process.
- **Allergic reactions:** to nickel or other metals.
- **Other:** accidental swallowing, limited tongue movement (speech problems), loss of taste and sensation.

Caring for your piercing

- Always wash your hands before you touch or clean the piercing.
- Remove the jewelry if it seems to be infected. Consult your physician.

THE FIRST WEEKS

- Carefully brush your teeth with a new, soft-bristled toothbrush.
- Sucking on ice chips may help reduce swelling.
- Rinse with warm salt water, or an alcohol-free, antibacterial mouthwash.
- Avoid smoking, spicy, hard food and alcoholic beverages.
- Do not remove or change the original jewelry until the piercing is fully healed (up to eight weeks).

ONGOING CARE

- Continue to practice good oral hygiene.
- Remove oral jewelry and clean it well with a mild antibacterial soap.
- Remove oral jewelry during sports to prevent mouth injury and choking.
- Wearing a night guard may protect your teeth from chips and breaks.
- Change metal stud to plastic after the healing
- Avoid playing with stud.
- Check tightness of the piercing to prevent choking from loose jewelry.