

ACTION TATTOO
225 Auburn Way North
Auburn, WA 98002
253.218.0358



ORAL PIERCING AFTERCARE

Shopping List:

Medical grade mouthwash such as Biotene or Tech 2000
A new germ-free tooth brush
A few gallons of distilled water

4 TIMES EVERYDAY:

- (1) Rinse with medical grade mouthwash for 30-45 seconds.
- (2) Rinse with cold distilled water.
- (3) Rinse with cold distilled water, again, for good measure.

For Best Results: Morning, Noon, After Dinner, and Right before Bed

DO:

- (1) Expect swelling. If you just got a new tongue piercing, expect your tongue to swell 2 to 3 times its regular size. This is completely normal. To reduce swelling, you can take ibuprofen as directed by the manufacturer. Drinking ice water or sucking on ice cubes/chips also combats swelling.
- (2) Check your barbell balls for tightness once every couple days (righty-tighty, lefty-loosey).

DON'T:

- (1) DO NOT drink from straws for 30 days. This can lead to dry socket on your tongue.
- (2) DO NOT use toothpastes or mouth products that contain whiteners for at least 2 weeks.
- (3) AVOID oral sex and deep kissing for they are guaranteed infections.
- (4) AVOID spicy food for the first two weeks. It will hurt.
- (5) AVOID rice and pasta. Foods such as these break up into very small pieces that can easily get stuck in your new piercing causing infection.
- (6) AVOID yogurt for 30 days as it can lead to infection. All other dairy products are fine.
- (7) DO NOT rely on Listerine or any other type of mouthwash that simply contains alcohol. Your mouthwash must be medical grade.
- (8) DO NOT take piercing advice in any shape or form from your friends. Always consult your piercing professional.

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