

JEWELLERY HINTS & TIPS

- Unless there is a problem with the size, style, or material of the initial jewelry, leave it in the place for the entire healing period. If you are having any issues, please book a troubleshooting appointment, and one of our qualified piercers will assist you.
- Contact the studio ahead of time for a non-metallic jewelry alternative if your metal jewelry must be temporarily removed (such as for a medical procedure).
- With clean hands or paper products, be sure to regularly check ends on your jewelry for tightness as loss is not covered under our warranty policy.
- For threaded ends, check tightness with "righty tighty, lefty loosey"
- For threadless jewelry, make sure there is no gap between the post (inside) to the top (outside). In case of a gap, place your index finger and thumb on both sides of the jewelry and press them together. Be sure to check that the gap is closed.
- Should you decide you no longer want the piercing, simply remove the jewelry (or have us remove it) and continue cleaning the piercing until the hole closes. In most cases, only a small mark should remain.

DOWNSIZING JEWELLERY

- Nearly all piercings need to have the jewelry downsized or replaced with a smaller piece of jewellery.
- Most piercings generally require downsizing either after a recommended period of time or as swelling allows. Timing is different for everyone, and your piercer will provide you with recommendations.
- It is vital to the health of your piercing that you downsize your jewellery. Failing to downsize your jewellery in a timely manner can affect the angle of the piercing, lead to the forming of scar tissue, or lead to extreme long-term discomfort.
- When concerning oral piercings, failure to downsize can also lead to oral damage.
- Please note: Any upgraded or downsized jewellery is an additional cost. This includes new shorter posts, smaller rings or any new piece of jewellery.

IF YOU SUSPECT INFECTION

- Infection and irritation are two vastly different things. If you believe your piercing is infected, please contact us or a physician immediately.
- DO NOT remove the jewellery, as this could "trap" the infection and could possibly lead to the formation of an abscess. Quality jewellery or an inert alternative should be left in to allow for drainage of the infections, and should not be removed until the infection is cleared up.

YOUR PIERCING(S)

Your _____
piercing(s) is expected to take at least
_____ to heal.

Your piercer(s) today:

Jewellery:

Earliest Change/Downsize Date:

Notes:

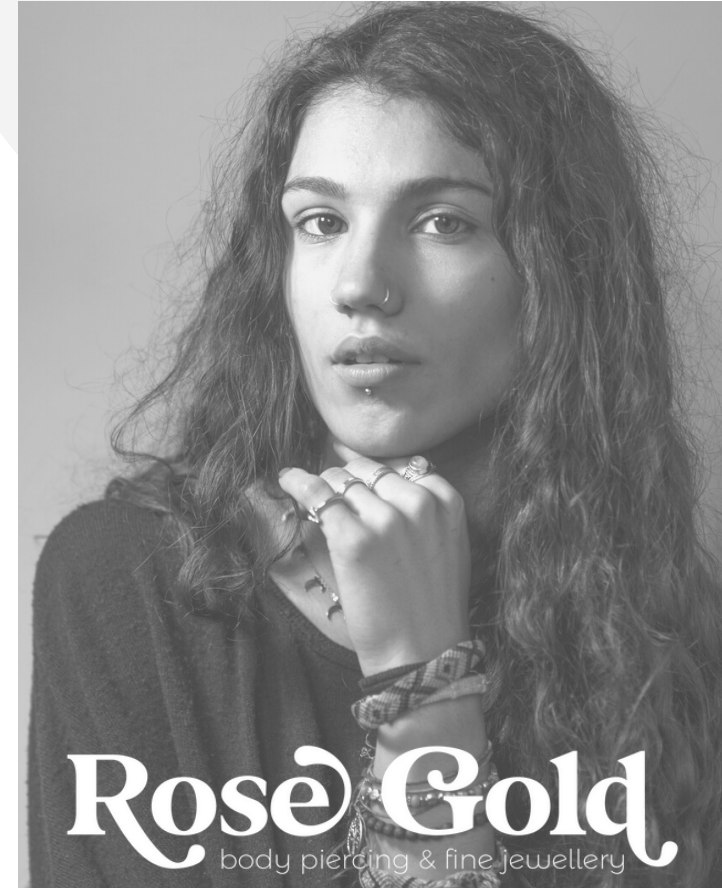
FOR ANY ISSUES, PLEASE BOOK A TROUBLESHOOTING APPOINTMENT ONLINE

*Disclaimer: These guidelines are based on a combination of vast professional experience, common sense, research, and extensive clinical practice. This is not to be considered a substitute for medical advice from a doctor. If you suspect an infection, seek medical attention. Be aware that many doctors have not received specific training regarding piercing. Your local piercer may be able to refer you to a piercing-friendly medical professional

ASSOCIATION OF PROFESSIONAL PIERCERS



AFTERCARE GUIDE FOR ORAL PIERCINGS



**#101, 513 Centre Avenue East
Airdrie AB, T4B 1P9
(587) 775 - 3858
rosegoldbodypiercing.com**

CLEANING SOLUTIONS

Use one or more of the following solutions for piercings located **INSIDE THE MOUTH**:

- Antimicrobial or antibacterial mouthwash that is alcohol and peroxide free. Always read the label.
- Packaged, sterile saline solution with no additives. Always read the label to confirm. We do **NOT** recommend mixing your own saline solution.

NOTE: If you have high blood pressure or a heart condition, please check with your doctor before using a saline product as your primary cleaning solution.

For piercings located on the **EXTERIOR OF THE MOUTH**, there is no need to use mouthwash. Use a sterile saline solution as above.

CLEANING INSTRUCTIONS FOR INSIDE THE MOUTH

1) **WASH** your hands thoroughly prior to cleaning or touching your piercing for any reason.

2) **RINSE** your mouth with your chosen solution for 30-60 seconds after every meal and at bedtime (4-5 times a day total). Cleaning too often or with too strong of rinse can cause discoloration or irritation of your mouth and piercing.

CLEANING INSTRUCTIONS FOR EXTERIOR OF MOUTH

1) **WASH** your hands thoroughly prior to cleaning or touching your piercing for any reason.

2) **SALINE** soak for 5-10 minutes once or more per day. Simply soak directly in a cup of saline solution. For certain placements, it may be easier to apply using clean gauze saturated with saline solution.

3) **RINSE** site with clean, bottled or distilled water to remove saline solution residue. Moving or rotating jewellery is not necessary when cleaning or rinsing and is detrimental to the healing process.

4) **DRY** by gently patting with clean, disposable paper products or the cool setting on a blow-dryer. Cloth towels can harbour bacteria and snag on jewellery causing injury.

WHAT IS NORMAL

- For the first three to five days you may experience swelling, light bleeding, bruising, tenderness, and/or a whitish to yellowish secretion that may form a crust on the jewellery.
- After the first week, you may still continue to experience some minor swelling and secretion.
- A piercing might seem healed before the healing process is complete. This is because piercings heal from the outside in. Although it feels fine, the tissue remains fragile on the inside. Be patient, and keep cleaning throughout the entire healing period.
- For lip piercings, it is typical for the jewellery to “nest” slightly into the lip (on the inside) once it is healed.
- Even healed piercings that you have had for years can shrink or close within a few hours if the jewelry is removed. This varies from person to person; if you like your piercing, keep the jewellery in! Do not leave the hole empty for a long period of time.

AVOID DURING HEALING

- Do not play with your jewellery. Long-term effects include permanent damage to teeth and gums.
- Avoid undue trauma; excessive talking or playing with the jewellery can cause scar tissue, migration, and other complications.
- Avoid using mouthwash containing alcohol or hydrogen peroxide. These solutions can irritate the piercing and delay healing.
- Avoid oral sexual contact including wet kissing or oral sex during healing.
- Avoid chewing on tobacco, gum, fingernails, pencils, sunglasses, and other foreign objects that could harbour bacteria.
- Avoid sharing plates, cups, and eating utensils.
- Avoid using straws. Straw use can increase the risk of swelling and bleeding.
- Minimize the intake of smoking and vaping (tobacco or cannabis). Smoking increases risks and prolongs healing time.
- Avoid aspirin, alcohol, and large amounts of caffeine as long as you are experiencing bleeding or swelling.
- Avoid submerging healing piercings in bodies of water such as lakes, pools, oceans, and even the bathtub.
- Each body is unique and healing times vary considerably. If you have any questions, please contact the studio directly, or book a troubleshooting appointment.

EATING WITH ORAL PIERCINGS

- Slowly eat small bites of food placed directly onto your molars.
- Avoid eating spicy, salty, acidic, or hot temperature foods or beverages for a few days.
- Cold foods and beverages can be soothing and help reduce swelling.
- Foods like mashed potatoes and oatmeal are hard to eat because they stick to your mouth and jewelry.
- For tongue piercings, try to keep your tongue level in your mouth as you eat because the jewelry can get between your teeth when your tongue turns.
- For labret (cheek and lip) piercings: be cautious about opening your mouth too wide as this can result in the jewelry catching on your teeth.

MAINTAINING ORAL HYGIENE

- Keeping good oral hygiene practices is important in maintaining a healthy mouth and piercing. You will want to floss, brush and use mouth rinse at least twice a day. It is vital to not overuse the mouth rinse.
- Once healed, gently brush the jewelry with a clean toothbrush regularly to avoid plaque buildup.
- The healthier your lifestyle, the easier it will be for your piercing to heal and maintain.

HEALING ORAL PIERCINGS

- Sleep with your head elevated in the beginning to minimize overnight swelling.
- Once the swelling has subsided, it is vital to downsize the original, longer jewelry with a shorter post or barbell to avoid damage to the teeth and gums.
- See the downsizing jewellery section on this pamphlet for more information.