

Care Instructions for a Piercing in the Mouth Area

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A mouth piercing can be placed in different areas of the mouth, such as the lip, tongue or cheeks. Care instructions may vary depending on the type of piercing, but here are general steps to care for and prevent complications:

- 1. Hygiene:** Always wash your hands thoroughly before touching the piercing or surrounding skin. Avoid touching the piercing unnecessarily to prevent infection.
 - 2. Mouthwash:** Rinse your mouth with a mild, alcohol-free mouthwash or warm salt water solution after each meal. You can easily make a salt water solution by dissolving a teaspoon of sea salt in a glass of warm water. This helps reduce bacteria and promote wound healing.
 - 3. Food and drink:** Avoid spicy, hot or acidic foods and drinks, as they can cause irritation. Cool drinks and soft, non-sticky foods are recommended in the first few days after the piercing.
 - 4. Smoking and alcohol:** Avoid smoking and excessive consumption of alcohol, as they can interfere with healing processes.
 - 5. Dental care:** Brush your teeth gently and be careful not to touch the piercing. Use a soft toothbrush and be especially careful in the area of the piercing.
 - 6. No tampering:** Do not play with the piercing, do not twist it or move it back and forth. This can irritate the wound and delay healing.
 - 7. Avoid contact with bodily fluids: Avoid contact of the piercing with saliva, blood, or other bodily fluids to minimize the risk of infection.**
 - 8. Avoid make-up and lip products:** Avoid lipstick, lip gloss or other cosmetic products in the area of the mouth piercing during the healing phase.
 - 9. Loose-fitting jewelry:** Make sure that the jewelry in the piercing is not too tight. Some leeway is important to absorb swelling during healing.
 - 10. Protection against injury:** Make sure that the piercing is not accidentally pulled or bumped. When exercising or engaging in activities that could pose a risk of injury, wear protection to protect the piercing.
 - 11. Healing time:** The healing time may vary depending on the type of piercing, but is usually several weeks to months. Follow your piercer's recommendations.
- It is important to follow the instructions of your piercing expert and always seek professional advice if you have any questions or concerns. Proper care during the healing period promotes wound healing and reduces the risk of complications.**



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