

# Care Instructions for Tongue Piercing

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Just as important as the correct and hygienic execution is the proper aftercare and care of your tongue piercing. Please keep this in mind!! Please also keep in mind that your fresh tongue piercing is a wound that does not heal within a few days. So you have to be patient.

As a reminder, a tongue piercing is always pierced at a slight angle past the frenulum of the tongue so that it is not injured.

## The care of your train piercings:

You have to take special care of your tongue piercing in the first week and pay attention to the following points!!

1. Rinse your mouth several times a day with PRONTOLIND mouthwash solution!
2. **UNDER NO CIRCUMSTANCES SHOULD YOU CONSUME DAIRY PRODUCTS**, this is very important, as the lactic acid bacteria cause severe inflammation.
3. Rinse your mouth with cold water after each meal!
4. Do not smoke for the first few hours (preferably all day)!
5. Do not consume alcohol and sweet mixed drinks
6. Do not eat fast food, whole grains, crumbly products such as chips, crispy grids, etc.!
7. Cola, Red Bull and the like, as well as citrus fruits, tomatoes, spicy or sour foods.
8. No oral sex!!

For the first few days you can suck ice cubes, which is very good so that the swelling subsides faster. For the first 7 days you should let your piercing heal in peace, so don't mess with it unnecessarily. If your piercing has healed after about 3 weeks, don't mess with it either, no biting, etc., as metal is harder than your tooth enamel. If you have any questions in the next few days, just drop by or give us a call.



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