

## 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. Keep in mind that the removal of jewelry can lead to further complications. Be aware that many doctors have not received specific training regarding piercing. Your piercer may be able to refer you to a piercing friendly medical professional.

## NOTES

- Retainers are available in glass to help hide piercings but **KEEP THEM OPEN** for x-rays/MRIs and job interviews!
- You can often change the look of your piercing before it's completely healed, so if you get bored let us know and we can change ends out for you while you're healing!
- Be sure to downsize your jewelry after the initial swelling fades. shorter posts are available in the studio for purchase!

## YOUR PIERCER TODAY

### HEATHER WEBER



heatherweber@goodlifeakron.com



@heatherisapiercer

### KELLY QUINN



kellyquinn@goodlifeakron.com



@peaches\_n\_dreams\_

### BRYNN SMITH



brynnsmith@goodlifeakron.com



@piercingsbybrynn

### MARISSA NISSLEY



marissanissley@goodlifeakron.com



@everymanhas\_a\_marissa

**IF YOU HAVE ANY  
QUESTIONS, COMMENTS,  
OR CONCERNS PLEASE CONTACT US  
SO WE CAN HELP YOU!**

330.374.0100

752 W MARKET ST  
AKRON OH 44303

GOODLIFEAKRON.COM  
info@goodlifeakron.com

#GOODLIFEAKRON

#SAFEPIERCING

## ORAL PIERCING AFTERCARE



# GOOD LIFE

**BODY PIERCING + FINE JEWELRY**

PROUD MEMBER



ASSOCIATION OF PROFESSIONAL PIERCERS  
VERIFY AT SAFEPIERCING.ORG

## HOW WE HEAL

When you heal a piercing your body grows a tunnel of skin, called a fistula, around the jewelry in the piercing. This process happens slowly over a number of months. Everyone heals differently as your overall health, grooming habits, and lifestyle can affect the healing process. Staying diligent about caring for and protecting your piercing during the entire healing process is key to ensure you get to the end point of being fully healed. Below are listed general rules and tips to help you let your body heal your new piercing!

### • YOU CAN EXPECT THE FOLLOWING AS A NORMAL PART OF HEALING A NEW PIERCING

- Slight redness and swelling
- Tenderness
- Light bleeding/presence of scabs or dried blood **\*(NEVER PICK OFF!)\***
- White/yellow discharge that dries into a crust **\*(NEVER PICK OFF!)\***

### • ALL OF THIS SHOULD CLEAR UP AFTER THE FIRST 2-4 WEEKS •

## DO

- TAKE CARE OF YOUR PIERCING **CONSISTENTLY** THROUGH THE ENTIRE HEALING PROCESS
- CONTACT US WITH ANY QUESTIONS, COMMENTS, OR CONCERNS
  - LEAVE YOUR JEWELRY IN AT ALL TIMES  
(Even healed piercings can close very quickly!)
- MAINTAIN NORMAL ORAL HYGEIENE BRUSH AND FLOSS LIKE NORMAL  
(DO NOT USE ALCOHOL-BASED MOUTHWASH DURING HEALING PROCESS)
- EAT WHATEVER YOU'RE COMFORTABLE WITH (STOP EATING ANYTHING THAT CAUSES PAIN/BURNING)
- **DOWNSIZE YOUR JEWELRY AFTER 2-4 WEEKS** (IT WILL LOOK BETTER AND HELP PROTECT YOUR TEETH!)

## DON'T

### • DO NOT TOUCH YOUR PIERCING!

- You can not touch, twist, pick at, spin, rotate, play with or change the jewelry while healing
  - This damages the fistula! (*the tunnel of skin you're trying to grow!*)
- Be sure not to let other things move or irritate the piercing - this includes moving it with your tongue!
  - Do not snag: use caution when changing clothes/brushing hair
    - Keep towels/loofahs/washcloths off your piercing
  - Do not change jewelry or take it out while healing
    - Do not sleep on your piercing
- **Avoid suction of all kinds: Avoid/limit smoking, do not use straws, no sucking on ice/candy**

### • AVOID BACTERIA!

- DIRTY ITEMS AND ENVIROMENTS CAN LEAD TO INFECTION**
- Clothing, hats, headbands and pillowcases, etc should always be kept clean/off your piercing
    - Avoid contact with other peoples' bodily fluids/pet dander/etc.
    - No swimming or submerging in a bath
      - Consider purchasing a new toothbrush/tongue cleaner
  - **DO NOT USE Q-TIPS/COTTON SWABS**  
(the fibers can get into the piercing/they're dirty)
  - **Avoid comsuming beer/wine (yeast content)**

### • AVOID CHEMICALS!

- NO SOAPS, COSMETICS, OR ANTISEPTICS!**
- Chemicals are harsh and inappropriate as they inhibit healing
  - Never clean your piercing with alcohol, peroxide, bactine, dial soap, anti-bacterial soap, neosporin, A+D ointment, ear-care solution, etc
  - Keep all make-up/cosmetics/soaps/lotions etc. well away from your piercing
  - No swimming or submerging in a bath
  - Do not use mouthwash other than that recommended for aftercare during healing process

## AFTERCARE ROUTINES

### MOUTHWASH

#### BIOTENE

**DO NOT USE ALCOHOL-BASED MOUTHWASHES!**

#### HOW TO:

- RINSE WITH MOUTHFULL OF MOUTHWASH FOR 30 SECONDS

**2 TIMES PER DAY: AM/PM**  
(after brushing/flossing teeth)

#### TIPS:

- RINSE YOUR MOUTH OUT WITH WATER THROUGHOUT THE DAY AFTER EAT/DRINK ANYTHING THAT ISN'T WATER

### IRRIGATION/SHOWERING

#### IRRIGATE YOUR PIERCING FOR 3 MINUTES DAILY

- DURING YOUR SHOWER DO NOT DELIBERATELY APPLY SOAP TO THE PIERCING
- LET WARM WATER RUN OVER THE PIERCING FROM EVERY ANGLE (FRONT/BACK/SIDES)
  - LET PIERCING AIR DRY

#### TIPS:

- IF YOU DON'T SHOWER DAILY NOW, YOU SHOULD ALTER YOUR GROOMING ROUTINE
- IF THIS IS NOT FEASIBLE, IRRIGATE THE PIERCING SIMILARLY UNDER A RUNNING SINK FAUCET DAILY
- PROPER IRRIGATION WILL HELP KEEP THE PIERCING CLEAR OF CRUSTIES/DISCHARGE WHICH ARE A NORMAL PARTY OF THE EARLY HEALING PHASES

### STERILE SALINE SPRAY

#### NEIL-MED STERILE SALINE WOUND WASH

#### HOW TO:

- SPRAY DIRECTLY ONTO YOUR PIERCING (Only the OUTSIDE of the piercing)
  - LET DRY

**3-6 TIMES PER DAY**

#### TIPS:

- BE SURE TO SATURATE BOTH SIDES
  - ALWAYS SPRAY DIRECTLY ON
- DO NOT USE COTTON SWABS/Q-TIPS!