

# **AREA 51**

## **CLEANING INSTRUCTIONS FOR TONGUE/ORAL PIERCINGS**

- ❖ **Don't touch or play with your piercing** it can make the area swell much more than it would usually.
- ❖ For the first three weeks after piercing use alcohol free mouthwash after eating or smoking.
- ❖ If for any reason the piercing bar falls out, come back to us as soon as possible and we may be able to re-insert it. Please be aware the piercing can heal in just a few hours.
- ❖ We pierce with a much larger bar to allow for swelling. After the swelling has settled (usually 3-4 weeks) it will be necessary to come back to the studio to have a smaller bar fitted for comfort.

### **General advice**

After your tongue has been pierced it is quite normal to feel a little unwell, your glands can swell in your neck and your tongue can swell dramatically. Your tongue will develop a yellowish green colour on top, similar to the colour of bruising. All of these symptoms are quite normal and will begin to settle after 3-6 days. If you can take ibuprofen (ask your GP) then this may help. Ice cold drinks and soft food can also make things a little easier during the swelling period.

**For more details or any concerns please contact either Sarah or Lauren at the shop on 01256 335511 or pop in to see us.**