

AREA 51

Cleaning Instructions For Oral/Tongue Piercings

Do **NOT** touch, move, twist or knock your piercing in any way, even whilst cleaning.

The more this is done, the longer it will take to heal.

- o Don't touch or play with your piercing it can make the area swell much more than it would usually.
- o For the first three weeks after piercing use alcohol free mouthwash after eating or smoking.
- o 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.
- o 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

- o 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.
- o Ice cold drinks and soft food can also make things a little easier during the swelling period.

For more details or any concerns, in the first instance please contact Sarah or Ollie in the studio or via these contact methods:

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