

Oral Piercing Aftercare

- Always use freshly washed hands to gently clean external piercing with antibacterial soap.
- Be sure to completely remove any crusty matter.
- Rinse and pat it dry with a clean towel.
- Using sterile saline solution, gently move jewelry
- Internally, use mixture of $\frac{1}{2}$ antiseptic mouthwash and $\frac{1}{2}$ water to gently rinse any time you eat or drink. Keep down to 3-4 times daily.
- Nightly, mix $\frac{1}{4}$ teaspoon of non-iodized sea salt with 1 cup of warm water and rinse your piercing.
- Do not touch unless cleaning.
- Do not bandage.
- Do not use ointment.
- Do not swim in rivers, oceans, lakes or Jacuzzis.
- Do not take advice from friends, relatives or neighbors.
- Do eat your vegetables and drink lots of H₂O.
- Do remember that there is a risk of infection and or allergic reaction.