

Tongue piercing

Aftercare for your piercing:

In the first few weeks following getting your tongue pierced, spicy food, oral contact and using drugs or alcohol is discouraged.

It is recommended that you do not smoke for 6 hours after getting your piercing.

Do not put any objects that may be dirty, such as pens, fingers, etc. near your mouth.

The piercing should be cleaned three times a day by rinsing it with an antiseptic mouthwash. Dilute the mouthwash with at least 50% water. You should do this after every meal. If you are using the undiluted mouthwash that reduces the production of natural enzymes that help in the healing process. Too much rinsing can cause yellowing/browning of the tongue.

In the first week, rinse 3 times per day.

In the second week, rinse 2 times per day.

In the third week, rinse 1 time per day.

Brush your tongue every day with a soft toothbrush. Most bacteria (plaque) sits on the back of the tongue.

Your tongue will swell for the first 4 days. This can be reduced by drinking ice cold water, or sucking on an ice cube.

After hot drinks such as coffee or tea, it is recommended that you drink a glass of ice cold water, to reduce re-swelling caused by heat.

Inflamed piercings:

If green liquid comes from the piercing, dilute your mouthwash with more water. When you get the balance right for your body, this will stop.

If you see whitish strings coming from the affected area, don't worry. These are dead white blood cells. This is a normal part of the healing process.

In cases of severe redness, swelling and pussing, you should contact your doctor.

Further:

Alcohol, drugs and lack of sleep have a negative effect on the healing process and will extend the healing time significantly.

How long it takes for a piercing to heal depends on the type of piercing. Usually, after a week the pain will subside.

A tongue piercing heals completely in 4-6 weeks.

Regularly check that the jewellery is still firmly affixed.

If you lose or swallow the ball from your piercing, replace it with a new one as soon as possible. This is because in the space of only a few hours, the hole can heal up, and you won't be able to insert another piercing.

In the event of this happening, it is always a good idea to ensure that you always have a spare ball with you.