

TONGUE PIERCINGS



Approximate Healing Time: 3 - 4 weeks

Tongue piercing is usually quite quick in healing. However, there are a few precautions you should take for quicker and more comfortable healing.

For the first week: Try to avoid spicy and salty foods as they will increase swelling. Avoid liquid forms of dairy. Dairy produces a high amount of bacteria and may be hard to thoroughly rinse. Drinking alcohol and smoking are also to be avoided as much as possible. They lead to higher risk of infection and irritation. Try to refrain from playing with the jewelry and heavy kissing which may cause ripping in your healing piercing. Sucking is another unwise activity. (Straws, Popsicles, cigarettes, etc.) Sucking will cause a vacuum in your mouth which, in turn, causes your tongue to swell more. Swelling will normally last 2 - 4 days. To reduce swelling, chew on ice or simply let it melt in your mouth. (No sucking), take ibuprofen and drink cold water. Try to abstain from oral sex for the first 3 weeks. Your piercing will still be an open wound for this period, and will be easily susceptible to infection and sexually transmitted diseases. During the healing period, you will need to diligently rinse each and every time you eat, drink, or smoke. Basically, any time anything goes in your mouth, you wash it. Rinsing solutions should be antiseptic mouthwashes diluted 50 per cent with water. Alcohol-free mouthwashes are also advisable, but not completely necessary. Be sure to check end-beads daily to insure tightness

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