

Beelistic's Tattoo & Piercing Oral Aftercare

Healing Timeline for the following

piercing(s): (Please note that everyone heals differently, so your time may differ then others.)

<u>Tongue</u>	<u>Lip/Multiples</u>
4wks-6mo	6wks-6mo
<u>Cheek(s)</u>	<u>Smiley/Webbing</u>
6mo-1yr	6wks-6mo

For all the following piercing, with the exception of a tongue, smiley, and webbing piercing(s); you are going to also need to follow the Facial Aftercare as well. Not only are you taking care of the inside of you mouth, but you will also need to take care of the outside as well.

What "AVOID" with your piercing(s):

- **NO** alcohol mouthwash; for the next **31 days**.
- **NO** kissing, or other things that will require your mouth; the next **31 days**.
- **NO** sharing drinks, food, or utensils with anyone; for the next **31 days**.
- We would like for you not to drink alcohol, for the next **31 days**. (If you do please keep in mind you will have to swish after your drink(s).)

- We would like for you not to smoke, or use smoking products (**ALL Smoking Products**); for the next **31 days**.

What is "NORMAL" with you piercing(s)?:

- Redness, soreness, bruising, bleeding, and swelling.
- Sometimes a yellowish-white discharge from the entrance, and exit of the piercing(s) can happen. It is residue from leftover mouthwash, food, and bacteria that can push its way out of the holes.

How to take care of your piercing(s):

- **Alcohol-Free Mouthwash** (Crest Pro Health, Tom's of Maine, Biotene, or Act)
 - With **NO** peroxide, or whitening agent
- **New Toothbrush**
- **Ibuprofen** (any anti-inflammatory medication)
- **Ice Chips, or Ice Cubes**

You will rinse your mouth out whenever you eat a big meal, or when you feel that you need too. (You do not have to rinse your mouth after drinking water.)

Buy a new toothbrush. You do not want to introduce old bacteria to new piercing.

Take Ibuprofen, or some kind of anti-inflammatory medications. Please read instructions on how they are used. We (piercer) are not doctors, we just recommend that it may help with the swelling, and soreness of the piercing(s).

Ice cubes, ice chips, or really cold water can also help to take down some of the swelling. Just do not suck on the ice, or suck throw a strew. It could make the swelling worse.

Other things that could help heal your piercing(s):

- **Uniodized Sea Salt**

Take 1/4 teaspoon of uniodized sea salt, and mix it with distilled water; and pour into a shot glass, or relish cup. Place the cup into the microwave for 10 to 20 seconds, or until warm to the touch (not boiling hot). Gargle it for 30 seconds, then spit it out. You only need to do this 1-2 times a day.

- **H2Ocean Aftercare Spray**

Please read instructions on the can. It will instruct you on how to use the product.

328-A West Morgan St.
Raleigh, NC 27601
(919) 526-6581

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Some Extra Tips:

- It is going to swell. It depends on you how long that swelling will be. If you remove your jewelry to soon, that could hinder the healing of your piercing(s). Always leave your jewelry in unless told otherwise, by your piercer.
- Be careful when eating, drinking, or talk you may bite down on your jewelry, and break, or chip your teeth. Also you could rip, or tear your tongue. Please be careful with pasta noodles, they could choke you, so cut them up before eating. Chew slowly, and take your time when eating. You may eat what you like just be cautious.
- Make sure you can feel the back, front, top, or the bottom of your jewelry. It can embed into your lip, cheek, or tongue.
- Sometimes the jewelry may sit awkward, but after the jewelry is changed it will sit like it should. Either close, or flat to the surface of the piercing(s).
- Keep all make-up, lotion, facial cleaner, or lip products off your piercing(s).

- Clean all phones before putting up to your mouth.
- Keep your hands off of your piercing(s), unless you are cleaning it.
- Swelling may last for **31 days**. Some people have swelling the whole month, whereas others may have swelling for a few days, or even longer than **31 days**. May have uneven healing time too. It will depend on your healing process when you can change your jewelry.
- If you like your piercing(s) leave it alone, and only touch it unless you need to clean or change the jewelry.

Disclaimer

These guidelines are based on a combination of past professional experience, common sense, research and extensive clinical practice. This is not to be considered a substitute for medical advice from a doctor. **Beware**, however, that many doctors and dentists have no specific training, or experience regarding healing patterns of the body piercing, and may not be educated on how to best assist you. For a happy and healthy piercing (or piercings) please follow all of the aftercare.

If you have any other questions please contact us, or you may also contact
Environmental Services Environmental
Health & Safety
336 Fayetteville St. Raleigh, NC 27602
(919) 856-7400
www.wakegov.com

Thank You from all of us at Conspiracy Ink
Tattoo & Piercing.



Piercer Name: _____

Jewelry Info: _____

Check Up: _____

Notes for the clients:

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