

RCKT Oral Piercing Aftercare

Rinse inside of mouth with Saline solution for 30 seconds after meals and at bedtime during the entire healing period. Cleaning too often or with too strong a rinse can cause discoloration and irritation of your mouth and piercing. Alcohol Free Mouthwash is NOT your rinse. It is to be used after you brush your teeth; no more than twice daily.

WHAT IS NORMAL?

- For the first three to five days: significant swelling, light bleeding, bruising, and/or tenderness.
- After that: Some swelling, light secretion of a whitish yellow fluid (not pus).
- A piercing may seem healed before the healing process is complete. This is because they heal from the outside in, and although it feels fine, the tissue remains fragile on the inside. **Be patient**, and keep cleaning throughout the entire healing period.

REDUCE SWELLING!!!

- Allow small pieces of ice to dissolve in the mouth and/or drink Ice Water.
- Take an over the counter, non-steroidal anti-inflammatory such as ibuprofen or naproxen sodium according to package instructions.
- Don't speak or move your jewelry more than necessary. Sleep with your head elevated above your heart during the first few nights.
- Do not allow the jewelry to embed itself! With clean hands push the jewelry out of the skin during the swelling 2 times daily. If sinking in too far or causing pain please come in. You may need longer jewelry!

ORAL PIERCING HINTS AND TIPS:

- Once the swelling has subsided, it is **vital** to replace the original, longer jewelry with a shorter post to avoid intra-oral damage. Usually within 3-6 weeks. Since this necessary jewelry change often occurs during healing, it should be done by a qualified piercer.
- Even healed piercings can shrink or close in minutes after having been there for years! This varies from person to person; if you like your piercing, keep jewelry in-do not leave the hole empty.

WHAT TO AVOID

- **Do not play with your jewelry.** Long term effects include permanent damage to teeth, gums, and other oral structures.
- Avoid using mouthwash containing alcohol. It can irritate the piercing and delay healing.
- Avoid oral sexual contact including French (wet) kissing or oral sex during healing (even with a long-term partner).
- Avoid chewing on tobacco, gum, fingernails, pencils, sunglasses, and other foreign objects that could harbor bacteria.
- Avoid aspirin, alcohol, and large amounts of caffeine as long as you are experiencing bleeding or swelling.

Tongues: Rinse with saline after eating and smoking. Get new tooth brush. No beer for 7 days. No spicy or acidic foods. Brush the jewelry daily (After 1st week). Come in to switch to a shorter bar in 2 WEEKS. (\$10+) We will help you change it for FREE the day of purchase!