



ORAL PIERCING AFTERCARE

Do not touch your piercing while it is healing.

CLEANING

Brush and floss your teeth regularly as you normally would. Gently rinse your mouth every morning and evening with alcohol-free mouthwash. If you put anything foreign in your mouth (eating, drinking, smoking, etc.) rinse gently with clean, bottled water after.

WHAT TO EXPECT

Light bleeding/bruising/swelling in the first 72 hours is completely normal. Your piercing will discharge fluids during healing. This is expected, and completely normal. Plaque can build up on your jewelry, just like on your teeth, so brush it regularly once it is healed.

WHAT TO AVOID

Avoid playing with your piercing. This will irritate the tissue and prolong healing. Avoid alcohol and smoking, as these can increase swelling in the first few weeks. Avoid chewing gum, using straws, and anything else that can interfere with the jewelry during healing.

DOWNSIZING

Your piercing was performed with slightly longer jewelry to allow swelling to occur. It is important that you return for a jewelry downsize on the date your piercer recommended. This will allow a more comfortable healing process and prevent any unnecessary irritation from longer jewelry.

BE SURE TO CONTACT US RIGHT AWAY WITH ANY QUESTIONS OR CONCERNS
415.701.7673 | rosegoldsf@gmail.com | rosegoldsf.com | IG: [rosegoldsf](https://www.instagram.com/rosegoldsf)

The information provided is based on our experience as well as current industry standards not as an alternative to medical service of any kind.