

AFTERCARE OF YOUR TONGUE, LIP & LABRET PIERCING

YOUR PIERCING HAS BEEN DONE PROFESSIONALLY AND APPROPRIATELY

Now it is up to you to care for it properly. The rate of infection is minimal if the aftercare is followed closely. We have found that most problems/infections occur when...

- Touching your piercing without first washing your hands with antibacterial soap.
- Being too rough with the piercing too soon.
- Using tobacco products (Smoking, chewing tobacco, etc.)
- Over cleaning, multiple product abuse, inappropriate product use.

BASIC INFORMATION YOU SHOULD KNOW

Oral piercings are the fastest of all piercing to heal and the fastest to shrink down and close. We advise always leaving something in the piercing. Don't think that after a few days you can remove the jewelry and reinsert it without any problems, there will be. Although your piercing may appear to be healed it takes time for your piercing to "toughen up". When you remove your jewelry from a healed piercing, the hole begins to shrink smaller until it finally closes completely. The longer you have let your piercing "toughen up" the longer it will take to shrink and close. If you have had your jewelry out and find you can not reinsert it, stop in as soon as possible so your piercer can reinsert your jewelry painlessly and without causing any damage to the piercing.

CLEANING INSTRUCTIONS

LABRETS & LIPS (outer tissue care)

1. Wash hands with anti-bacterial soap and water.
2. Then wash the outside of the piercing site with anti-bacterial soap and water. Rinse well.
3. Then work or rotate the jewelry back and forth a few times. This is a good time to check that your jewelry is secure.
4. Apply a triple antibiotic (Neosporin) to the outside piercing area for the first ten days. Do not pass the triple anti-biotic through the skin, it is not meant for internal use.
Note: If excessive redness and or itching occurs discontinue use of triple anti-biotic.
 - Clean the outside of your piercing for the first 6 - 8 weeks.

TONGUES, LABRETS & LIPS (inner tissue care)

1. After everything you do with your mouth rinse thoroughly with a salt water solution immediately. This means eat, drink, kiss, bite fingernails, etc..
2. Check the balls on your barbell every morning and before bed. You want them to be on securely but still be able to remove at least one ball. If you have Lucite jewelry be careful not to overtighten, or the Lucite will crack.
 - * Continue to rinse for two weeks
 - * Swelling is normal and may last several days, it may be alleviated by sucking on small ice chips as necessary. Reducing the amount of talking will help to reduce the swelling.

HOW TO DETERMINE IF YOUR PIERCING IS INFECTED

Slight redness in the first few days is perfectly normal. If you have an infection, you may notice the following symptoms:

- Excessive Redness (Labret & Lip)
- Swelling or hardness
- Pain or a hot sensation in the area of the piercing
- Thick, dark yellow or green discharge

HOW CAN I HELP MY PIERCING HEAL?

- We recommend NOT using tobacco products while your piercing heals. Excessive smoking and/or using chewing tobacco are the #1 cause of problems. If you must smoke, limit it, and rinse immediately with a salt water solution.
- Eat a nutritious and balanced diet. Your body needs protein to heal itself. Taking a multi-vitamin daily will help keep you on track.
- Drink plenty of water to keep your body hydrated and flush out impurities.
- Don't limit your eating while healing! There are tons of soft foods!!!
- An additional Zinc supplement can help the healing process. Consult with Your pharmacist for recommended dosage and duration.
- Follow this instruction sheet that was given to you by YOUR piercer. If you take someone else's advice your piercer won't know why you are experiencing problems, and therefore can't help you.
- NEVER USE isopropyl (rubbing) alcohol, hydrogen peroxide, or products that are not mentioned on this instruction sheet on your piercing.

HEALING TIMES

Labrets & Lips: 6 - 8 weeks

Tongues: 2 weeks

IF YOU HAVE ANY PROBLEMS OR QUESTIONS...

Please feel free to contact Witchdoctor's Tattoo Emporium Inc. by telephone at 412.882.6666. Please understand the Witchdoctor is not a physician, and any suggestions we make are based upon our experience and that of other professionals in the body piercing industry. If our suggestions do not show rapid improvement in your symptoms, call your medical doctor.

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