

# LevelUp



## ORAL PIERCING AFTERCARE

Use an antiseptic mouthwash two to three times a day, rinsing for about 20 to 30 seconds each session.

Most importantly in the morning and before you go to bed.

It must be Antiseptic Mouthwash!!!!!!

Use this method to clean your piercing for roughly 4 to 6 weeks. Please avoid smoking and drinking alcohol as much as possible.

Be sure to not over clean the piercing by rinsing too often.

This will create a white ring around the piercing.



- Do not use peroxide, rubbing alcohol, or iodine to clean your piercing.
- Always wash your hands before touching your piercing. Your hands are not clean
- Avoid Sexual and oral contact with the new piercing until it is healed.
- Avoid swimming pools, hot tubs, lakes, ponds and the ocean while your piercing is healing.
- Be careful not to bite the piercing.
- Avoid products with yeast in them; i.e., cookie dough, certain beers, fresh breads, etc.
- Try not to bump or hit on your piercing so you do not irritate it.
- If you believe your piercing to be infected, please consult a medical professional.