

# EXTRA TIPS

Keep your saline the fridge for a nice cool treat; this helps reduce swelling, too!

Change pillow cases at **LEAST** once a week, 2-3 times if you have pets

*(TIP: use a couple of clean t-shirts like pillow cases, then every couple of days you can remove the top t-shirt for a cleaner surface underneath)*

**Do not sleep on your piercing!**

**Do not change or remove your jewelry until your piercing has fully healed.**

*Even well-healed piercings can shrink or close quickly if the jewelry is removed!*

**Expect your lip piercing to nest into your tissue a bit once downsized**

*(but ensure the tissue does not completely close over the jewelry)*

## Downsize your initial jewelry!

Longer jewelry is used at first to accommodate for swelling

After at least 4 weeks, when the swelling subsides enough that there is room for the jewelry to move or snag on your teeth, it needs to be changed to a shorter length for healthy long-term healing.

Downsizing jewelry for oral piercings is important to minimize damage to gums and teeth



Initial swelling



Swelling subsides



Downsized!

# — MORNING — — NIGHT —

## FOR TONGUE PIERCINGS:

Just brush your teeth twice a day and rinse your mouth with clean, filtered water after anything you consume throughout the day (food, drink, vape, smoke, etc). That's it!

## FOR LIP PIERCINGS:

Follow directions for tongue piercings, and also clean the outside 2x daily:

- Rinse the outside of the piercing in the shower or when washing your face (try not to get face cleanser in your piercing) to loosen dried lymph (crusties), then spray sterile saline on the piercing site when you finish applying other
- If you haven't showered/washed your face, just spray sterile saline on your piercing to help loosen crusties *(you can use a cotton ball soaked in saline to help rehydrate crusties if needed)*
- Gently remove remaining buildup with a q-tip saturated in saline. Be careful that no pieces of cotton stick to your piercing or jewelry
- Dry the bulk of the moisture from the surrounding area with a dry q-tip, then use a hairdryer on cold or an eyelash fan for at least 1 minute to thoroughly dry your piercing

**Don't rotate, move, or play with the jewelry. This includes over-cleaning, piercings do best when left alone!**

Always wash your hands thoroughly with soap and warm water before cleaning

Get a new toothbrush and tongue scraper

Avoid use of mouthwash  
*(or water down 50% if you can't avoid it)*

## WHAT TO EXPECT

Piercings will be red, swollen, and tender while healing. It is normal to see some light bleeding and bruising, as well as white-ish or gold/clear discharge. Expect some hot/cold sensitivity

## WHAT TO AVOID

- Touching your piercing!  
Your hands will transfer bacteria and be the highest risk of infection  
→ **DO NOT PICK OFF CRUSTIES** ←
- Dairy, yeast, spicy or acidic food
- Mouthwash or whitening toothpaste
- Suction  
*(bongs, straws, vapes, etc)*
- Any chemical, petroleum or oil-based products  
*(rubbing alcohol, peroxide, polysporin, bactine, tea tree oil)*
- Beauty products within 1cm of piercing  
*(moisturizer, SPF, make-up, chapstick, etc)*
- Sleeping with wet/damp hair  
*(seriously! this is a big one)*
- Submerging the piercing in a lake, pool, hot tub, ocean or river in the first 3 months
- Other's bodily fluids on the piercing  
*(saliva has more bacteria than you think, this includes sharing drinks, vapes, chapstick, etc)*

**These are ALL common causes of irritation and often result in bumps forming, migration, or even rejection**



## —PIERCING INFO—

## —TROUBLESHOOTING—

1

PRESSURE FIT◇

◇ INTERNAL THREAD

GAUGE

◇16g ◇14g ◇

other:

LENGTH

other: \_\_\_\_\_

◇3/8" ◇7/16" ◇1/2" ◇9/16"

◇5/8" ◇11/16" ◇3/4" ◇1"

—HEALING—

INITIAL

◇3-6 months ◇6-9 months

FULL MATURATION ◇ 12 months ◇ 12+

Please reach out if you have questions about how your healing is going, we can offer the best help by chatting with you to find out the cause of the issue. Generic tips often only treat the symptoms when we need to remove the cause.

**If a bump has appeared on your piercing inside your mouth, it is almost certainly from use of whitening toothpaste/ mouthwash, or from use of straws, bongs, vapes (suction). The best way to remove it, is to simply stop use of those products.**

**If a bump has appeared on your piercing outside your mouth, it is almost certainly from movement, excess moisture, or products used in the area.**

**For a bump on the outside, your best bet is to reach out to us so we can identify the cause and better advise on tips**

2

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