BODY PIERCING AFTER-CARE INSTRUCTIONS

PLEASE FOLLOW THESE AFTERCARE INSTRUCTIONS:

- please cleanse the pierced area by using antibacterial or antimicrobal soap for the external skin and/or antiseptic or carbamide peroxide mouthwash for the oral cavity;
- for at least the first two to six weeks minimize exposure to the sun, and discourage swimming in fresh, salt, or chlorinated water;
- use sterile bandages or other sterile dressing when necessary;
- the client shall consult a health care practitioner at the first sign of infection or allergic reaction, and report any <u>diagnosed</u> infection, allergic reaction, or adverse reaction resulting from the body piercing to the artist and to the Texas Department of Health, Drugs and Medical Devices Division at 1-888-839-6676.

TONGUE

- rinse with listerine each time after eating, drinking, or smoking until healed (2-4 weeks)
- rinsing with one teaspoon of <u>sea salt</u> dissolved in two ounces warm water at least twice per day will aid healing
- eating ice for the first two days will aid pain and swelling
- do not drink beer for at least the first week, as this will cause excessive swelling
- keep oral contact to a minimum for at least one week
- minimize exposure to filth

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