



How to take care of your piercing:

tongue

**Every piercing is an open wound! Keep it clean to avoid an infection!
Therefore: before you take care of your piercing, wash your hands well.**

In the first 2 - 3 weeks try to avoid any cause of infection, especially:

As part of the daily body care you can brush your teeth as usual.
Next perform the following steps for disinfection:

Spray into your mouth with ProntoLind® 3 times a day without water, rinse it for about a minute and spit it out. Please don't swallow the ProntoLind®. Don't use it longer than 2 weeks since overdoing the care can extend the healing time. You shouldn't overuse caring with mouth washes in general, because it can destroy the oral flora. Please don't use any other care products than those mentioned.

**Don't smoke within the first 12 hours after the piercing got done!!!
Alcohol, drugs and painkillers can cause heavy bleeding within the next days.**

In the first 2 weeks you have to do without some foods, like:

- dairy products, like:
 - milk, cheese, cream, yoghurt, chocolate
 - cream sauce, mayonnaise, pudding, curd
- fruit acid, like:
 - fruit, soda, iced tea, lemon tea, tomato sauce, ketchup

Milk/fruit acid bacteria could get into the wound and cause infections.

It would be good to drink cold chamomile tea without sugar or mineral water. Also you could eat potatoes, rice, pasta and bread.

To prevent swelling you can cool the area with ice cubes. Cool your tongue as often and long as possible with ice cubes or popsicles.

It takes around 2 - 4 weeks to heal. Please visit us again after two weeks for a follow-up check.

When the tongue is healed up well a new, shorter bar will be put in.

Don't forget: Check the screw-in balls daily to make sure it is fixed!

Please follow the above care instructions on your own behalf. They are based on practical experience and proved efficiency.

Even with a completely healed piercing the jewelry must be worn permanently. The branch canal (depending on the pierced area) close up within hours and you can't insert the jewelry anymore!

In case of questions or complications just call us by phone or visit us in our studio.