

# Skintricate Tattoo Company

## Oral Piercing Aftercare

First off, thank you for choosing Skintricate Tattoo Company as your shop of choice!!

You have just received a professional, safe, and sterile body piercing. We have used the highest surgical implant grade surgical steel for your jewellery and throughout the piercing procedure, we have done our part now lets focus on your part..

It is now up to you to take care of your new piercing. Remember, it is normal for the piercing to become swollen, sore and slightly red within the next 24-48hrs. Depending on the area that has just been pierced, and the size of the jewellery, the healing time varies from 2 to 8 weeks.

### Cleaning

1. We recommend that you use a boiled salt water solution (water and salt that's been boiled together).
2. To make this solution you will need iodized sea salt and water. Put a few cups of water into a clean pot, for every cup of water you'll need 1 tbsp of salt. Stir it in.
3. Bring to a boil, take it off the stove and let it cool (you can pop it in the fridge). Once cooled, simply pour into a couple clean empty water bottles/containers.
4. You will have to have a bottle of this solution readily available pretty much all the time during the healing process. Every time you put something in your mouth that isn't water, you'll need to rinse your mouth out with this solution eg: After meals, and snacks. Smoking is fine (though smoking can slow down the healing process).
5. Make sure you also rinse for 30 seconds with this solution when you wake up and before you go to bed (ensure to rinse your mouth out thoroughly with water after brushing your teeth).

### DO NOT!!

All of the precautions listed below are important to follow for a minimum of 10 days after the piercing, as all could result in serious irritation, prolonged healing and, of course, a very nasty infection!

1. DO NOT drink beer, wine or milk (this can cause a yeast / bacterial infection).
2. DO NOT eat spicy foods, citrus fruits/drink, over toasted or crunchy food, Hot food/drink, or dairy products.
3. DO NOT make out with anyone, or perform oral sex.
4. DO NOT play with the piercing, leave it alone!

If you have any problems or questions please don't hesitate to call us here at the shop at 905-858-5055.  
Your piercer's name is Anna!