

We offer professional body piercing with the highest level of sterilization standards and top quality body jewelry.

When visiting a piercing studio, there are a few fundamentals to look for:

**Sterilization** - This is the most important aspect of any studio! Make sure they are using an autoclave or Statim to sterilize needles, jewelry and piercing equipment. The studio should be spore testing this machine monthly and have documentation to prove this.

**Training** - What type of formal training does the piercer have? Have they been properly trained in cross-contamination and aseptic techniques? Have they taken a bloodborne pathogens course in the past year?

**Jewelry** - Body piercing jewelry comes in many different materials; titanium, stainless steel and 14k gold. Make sure the studio is using implant-grade quality pieces. The studio should be able to provide mill certification from the manufacturers proving the legitimacy of their product.

## Oral Aftercare



### Contact

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*Please do not hesitate to call the studio with any questions or concerns.*



*Always wash your hands thoroughly for 30 seconds before starting your cleaning regimen!*

Your piercing will swell. How long it swells will depend on how well you take care of it.

Swelling can last from 2 - 7 days. It is important to reduce this swelling and to keep it under control. Sucking on ice, popsicles or Slurpees are good options.

Pineapple and chamomile tea are natural anti-inflammatories and ice cubes can easily be made from these.

*For piercings that pass through the inside of the mouth to the outside, please refer to our General Aftercare pamphlet for instructions on how to clean the outside.*

For the first 2 weeks, you will rinse with a non-alcoholic mouthwash after anything goes into your mouth or touches your lips. Make sure to rinse for a full 30 seconds.

For the next 2 weeks, you'll slowly start to decrease the amount of rinsing to 4-5 times a day, after a meal or smoking, etc.



## *The Rules*

*Do not touch your piercing with dirty hands!*

Avoid oral contact including kissing even with a monogamous partner. If contact is made, take precautions and clean the piercing ASAP.

*Do not use mouthwash with flavourings and use a NEW soft-bristled toothbrush.*

Avoid undue trauma, rough play, excessive talking or playing with your piercing as these will cause unnecessary irritation.

*Stay healthy! Drink water, take vitamin supplements and get plenty of sleep.*

Eat slowly and stick to softer foods. Avoid spicy, salty, acidic and hot foods. Avoid tobacco, vapes and alcohol specifically during the first 2-3 weeks.

*Downsize your jewelry!*

Oral piercings are always performed with extra length on your jewelry to accommodate for excessive swelling. Downsizing your jewelry at the 2-3 week mark is important, The extra length will cause undue irritation and can damage your teeth.