

Tongue piercing



A tongue piercing is a vertical piercing through the center of the tongue. Tongues are generally pierced with 14 gauge surgical steel barbells. Other gold or titanium options are available upon request. Tongue piercings generally take between 4 – 6 weeks to fully heal but can generally be downsized around 2-3 weeks. Tongue piercings are one of the few piercings that require downsize jewellery due to the anticipated amount of swelling that can occur. The aftercare for a tongue piercing is as follows:

Cleaning and maintenance of an Oral Piercing:

Every day, after eating drinking or smoking, rinse your mouth using ½ capful of alcohol free oral rinse. This is safe to use on all oral piercing and is able to be used as many times as necessary. Be sure to gently brush around your piercing while brushing your teeth. Avoid playing with your piercing during the healing process. Once the swelling from your piercing has gone down, be sure to downsize your jewellery to avoid chipping teeth or gum damage.

WHAT TO AVOID

- Avoid cleaning with Betadine®, Hibiciens®, alcohol, hydrogen peroxide, Dial® or other harsh soaps, as these can damage cells. Also avoid ointments as they prevent necessary air circulation. [Click here to download information on triclosan dangers](#)
- Avoid Bactine®, pierced ear care solutions and other products containing Benzalkonium Chloride (BZK). These can be irritating and are not intended for long term wound care.
- Avoid over-cleaning. This can delay your healing and irritate your piercing.
- Avoid undue trauma such as friction from clothing, excessive motion of the area, playing with the jewelry, and vigorous cleaning. These activities can cause the formation of unsightly and uncomfortable scar tissue, migration, prolonged healing, and other complications.

- Avoid all oral contact, rough play, and contact with others' bodily fluids on or near your piercing during healing.
- Avoid stress and recreational drug use, including excessive caffeine, nicotine, and alcohol.
- Avoid submerging the piercing in unhygienic bodies of water such as lakes, pools, hot tubs, etc. Or, protect your piercing using a waterproof wound-sealant bandage (such as 3M™ Nexcare™ Clean Seals). These are available at most drugstores.
- Avoid all beauty and personal care products on or around the piercing including cosmetics, lotions, and sprays, etc.
- Don't hang charms or any object from your jewelry until the piercing is fully healed.