



Tongue and Horizontal Tongue

AfterCare Instructions

Healing Time 6 to 8 weeks

1. Use ice chips to keep swelling down for the first 3 to 4 days.
2. **DO NOT** use straws for the first week.
3. Eat **ONLY** soft foods for the first 3 to 4 days (i.e. pasta, eggs, mashed potatoes etc.). Stay away from hot or spicy foods.
4. Rinse mouth twice a day with bottled water or **ANTISEPTIC MOUTHWASH** must be diluted 50/50 with bottled water
5. Rinse with bottled water any time you eat something.
6. **DO NOT** play with jewelry during the healing process. You **MUST** give it time to heal first.
7. **NO** oral sex or French kissing for 2 months until completely healed.
8. For the first 3 to 5 days you may use an anti-inflammatory such as Aleve, Pamprin or Midol as directed on the label, and/or anything prescribed by a physician.
9. If you still experience any discomfort you may also use Gly-oxide 2 times a day. Put 1 to 2 drops on top and slide back and forth to take inside.
10. **DO NOT** drink any alcoholic beverages for 48 hours (2 days).
11. **NO** smoking until fully healed.
12. **NO** chewing tobacco until fully healed

Follow these instructions 2 times a day for 8 weeks and then twice a week for the lifetime of the piercing. Take good care of your piercing! If you have any questions, feel free to call or stop by anytime.

****DO NOT USE ALCOHOL, PEROXIDE OR ANY OINTMENT AT ANYTIME!****

****DO NOT CHANGE JEWELRY FOR 2 MONTHS!***