

Care Instructions For Lip, Labret, Cheek, and Marilyn Piercings

from TATTOOS FOREVER

Heal time: 6 to 8 weeks.

Cleaning solutions: Listerine (any flavor), Gly-Oxide or Peroxyl, and Bactine Liquid Drops.

The Gly-Oxide or Peroxyl are both found in the tooth aisle of any pharmacy, near the Listerine, and the Bactine is found in the first aid section.

1. Rinse mouth for 60 seconds with Listerine after anything goes into your mouth, other than water or ice. If you aren't eating often, once about every 2 to 3 hours is fine.

2. Don't forget, twice daily, before you brush your teeth, use your choice of oral antiseptic. Gly-Oxide is a gel, Peroxyl is a rinse. Either:

- (Gly-Oxide) Apply gel drops to piercing, or
- (Peroxyl) Do a capful of rinse for 60 seconds

Both will foam up. They don't taste the greatest, but this will keep you from getting an infection.

3. Keep dirty hands, fingernails, pens, and etcetera, OUT of your mouth! Never touch healing piercings with dirty hands. Always wash hands with antibacterial soap before touching the piercing.

4. NO oral sexual contact for (at least) the first two weeks! This sucks (no pun intended) but will keep you from ripping your piercing or getting sore. This includes French kissing and oral sex. You really must take this advice to heart.

5. Aside from your normal eating and speaking, do NOT play with the piercing for the first 6 to 8 weeks. Keep in mind that the jewelry is metal and can chip a tooth.

6. Twice daily, you can use a cotton swab saturated with Bactine to remove any crusty formation from the jewelry. This is a normal secretion of blood plasma, and it will pass.

Hints/Tips:

Swelling is normal during the initial heal, anywhere from a day to a week; reduce by: sucking gently on ice or popsicles and/or taking some kind of pain reliever (Motrin, Aleve, or something along those lines). All piercings secrete a white fluid that looks like puss. This is normal and varies with the individual.

Please do not hesitate to call or come by with any questions. You are, however, 100% responsible for your own aftercare!