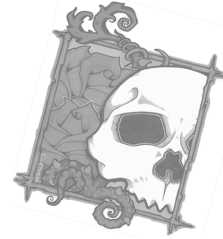




Brookside

Body piercing & tattoo



Oral Aftercare Instructions

You will need to rinse your mouth with a sea salt and distilled water mixture twice a day for at least the first 2-3 weeks. In addition to this use an alcohol free mouth wash diluted with water to rinse your mouth out every two to three hours also for the first 2-3 weeks. After this time you will need to come back for a shorter piece of jewelry due to the decrease in swelling. You can help to minimize the swelling by avoiding excessive movement of the jewelry and keeping yourself hydrated as well as keeping the area cold. This can be done by holding ice in your mouth as much as possible. During the first few days eat slow, eat small bites, and stick to cold softer foods.

Instructions for cleaning

- Saline solution = tsp. sea salt mixed with an 8oz cup of warm distilled water (use disposable cups). You will want to get a mouthful of the saline solution and gently rinse the inside of your mouth for about 60 to 90 seconds. This needs to be done once in the morning and then again before bed.
- Mouth wash= Take two capsules of Tech 2000 (approximately 2 tbl spoons) and mix with 20oz of distilled or bottled water. Rinse with this mixture every two to three hours for the first 2-3 weeks. Do not rotate, turn, twist, or remove the jewelry while cleaning. Excessive movement of the jewelry may cause scar tissue to form, increase swelling and slow the healing process.

If this piercing is an oral to non-oral piercing such as a labret, lip, cheek, etc. The outside of the piercing needs to be soaked with saline for 10 minutes then cleaning with an antimicrobial soap once a day. For soaking use disposable paper cups or cotton balls.

Avoid

- Povidone Iodine: Betadine®
- Benzalkonium Chloride: Bactine®
- Chlorhexidine Gluconate: Hibiclens®
- Isopropyl Alcohol
- Hydrogen Peroxide
- Listerine®
- Scope®
- Or any mouthwash that contains alcohol or peroxide.

Vitamins

- A multi-vitamin taken daily with meals has been proven to be helpful in speeding up the healing process.

Important Tips

- Drinking as much water as possible especially before going to sleep and after waking up can help reduce swelling.
- Eat soft cool or cold foods such as: pudding, ice cream, apple sauce, or even baby food.
- Avoid smoking for the first week to two weeks.
- Avoid the consumption of alcoholic beverages during the healing process. This can prolong healing time as well as being under the influence generally increases how much you play with the piercing.
- Also keep in mind the piercing is considered an open wound and any oral contact with other people puts you at a potential risk of obtaining infections, bacteria, or even disease.

www.BrooksideTattoo.com

Owner Jonathan Hood Any questions please call **918-712-1122**