

Tongue Piercing

Your tongue has been pierced with an extra long PTFE bar with titanium balls. This will minimise swelling and reduce your body's reaction to the jewellery. Once the swelling has subsided (usually 3-4 weeks) the piercer will change your bar for you free of charge.

Do NOT drink any alcohol for 5 days as this can lead to excessive swelling and discomfort.

Don't chew the bar and take care not to bite down on the balls when you're eating.

If you smoke, try to cut down over the initial 2 week period.

Rinse your mouth out well with water after smoking or eating – this will help keep it clean.

Wash your mouth out 3 times a day with an ALCOHOL FREE antiseptic mouthwash.

Drink plenty of cold water as this will help reduce swelling and discomfort.

Your piercing should be fully healed in 6 to 8 weeks.

PLEASE NOTE:

Once you have left the studio your piercing is YOUR responsibility!

Please contact us if you have any queries so that we can advise you.

0115 9500004

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