

Nine Lives

Tattoo & Body piercing Studio

90b Main Street, Bray, Co. Wicklow.

Tel: 01-2761592. After Hours: 087-2740404

Piercing after Care: **Tongue**

Thank you for coming to Nine Lives for your piercing! We hope it was a pleasurable experience.

The piercing was performed in a clean environment with sterile instruments and it is up to you to keep it clean.

- Suck ice and drink a lot of water for the next few days to help reduce the swelling. The swelling may last between 2 and 10 days. So don't panic.
- Use Difflam oral rise to wash your mouth out (always read the instructions) this will help the swelling go down and help to take away any discomfort you may feel.
- If you choose not to use difflam, you can also use Listerine mouth wash or any alcohol-free mouth wash, this needs to be diluted with water (1/2 Listerine, 1/2 water)
- Avoid alcohol, kissing and spicy foods for the next 10 days. You can help your body to heal faster by cutting down on dairy products. (If you smoke it is good to cut down for the first few days after getting your tongue pierced, as the smoke can harm the piercing)
- Arnica 30 tablets will help your piercing to heal faster (always read the instructions)
- Depending on how fast you heal, the original bar may be changed after 2 weeks, for a smaller, more comfortable barbell.

Any worries or queries please ring us sooner rather than later, our friendly staff will be more than happy to help!