

## Safe Oral Piercing

Oral piercings include piercing of the tongue, lips, cheeks and other parts of the mouth.

They can cause harm and it's good to know this before you have a piercing.

### Risks of oral piercings

- Pain
- Redness and swelling
- Chewing difficulty
- Swallowing of piercing
- Infection
- Overgrowth of skin around the piercing
- Speech difficulty
- Tooth chipping or wear
- Gum recession
- Tooth sensitivity
- Bleeding
- Allergy to piercing



In Wales it is illegal to do tongue piercing on anyone under 18 .

Some people have very serious reactions to piercings. These include serious infection, nerve damage or choking if the piercing gets stuck in your throat.

**If you feel unwell or have difficulty breathing after piercing, you must seek medical advice straight away.**

If you have increased risk of infection or bleeding, or problems with healing you **should not** have an oral piercing.

### More information



[www.1000livesplus.wales.nhs.uk/mouthcare](http://www.1000livesplus.wales.nhs.uk/mouthcare)



@1000LivesWales

## Safe Oral Piercing



It is important that you look after your piercing.

- If you have any problems with your piercing, remove it immediately and seek medical advice.
- Do not play with your piercing. This can cause damage to your teeth, gums or lips.
- Ask your dentist to check for any dental problems caused by the piercing.



### To keep your piercing clean make sure you:

- ◇ Brush your teeth twice a day
- ◇ Use alcohol free mouthwash in between tooth brushing
- ◇ Rinse your mouth with water after meals
- ◇ Clean your piercing daily with salt water
- ◇ Wash your hands before touching the piercing

### Immediately after piercing the following should be avoided:

- ◇ Smoking – this reduces healing
- ◇ Alcohol or aspirin consumption – this increases risk of bleeding
- ◇ Excessive talking, playing with piercing, chewing gum or other objects – this can damage skin around the piercing.
- ◇ Kissing using the tongue and oral sex – this increases risk of infection
- ◇ Swimming – this increases risk of infection