

Tongue Piercing Aftercare

You are going to want to Rinse with a non-alcohol 3 - 5 times a day. If you Rinse morning, noon, and night. That gives you two extra times you can rinse between those other times if you feel like it's needed.

Watch out for really spicy, salty or strong alcohol. Best to avoid these thing for a little while.

Ice chips and Ibuprofen can help minimize swelling.

Daily Regimen

Morning: Rinse mouth with non-alcohol mouthwash following manufacturers instructions for product use.

Afternoon: Rinse mouth with non-alcohol mouthwash following manufacturers instructions for product use.

Evening: Rinse mouth with non-alcohol mouthwash following manufacturers instructions for product use.

If you have other questions or concerns not addressed in the aftercare. Please contact your piercer for more information.