

Tongue

Basic care instructions

Information Provided by Tanks Tattoos
This document is not intended as medical advice,
consult this information with your tattoo provider.

1. Avoid alcohol- Alcohol will cause severe swelling during the first 1-2 weeks of the healing process.
2. You may use Listerine, Biotene, or H2Ocean mouthwash. Choose only one
 - a. If you choose Listerine, use regular Listerine no more than two times per day for 2-3 weeks, then as needed– use half strength (½ water, ½ Listerine).
 - b. If you choose to use the Biotene, you may use it more often than the Listerine.
 - c. If you choose H2Ocean, follow manufacturer's directions.
3. Use GLYOXIDE once per day for 2-3 weeks, then as needed. This product may be purchased at any pharmacy and is usually located by the dental products. Place a few drops directly on the barbell and move the barbell up and down a few times. (Note: if using H2Ocean, follow manufacturer's instructions. Glyoxide may not be needed with H2Ocean.)
4. Avoid smoking for the first 1-2 weeks. If you do choose to smoke your piercing will take longer to heal, you could get a white coat on your tongue, and often times many experience a sore throat.
5. Avoid hot and spicy foods, melted cheeses, chewing gum etc. –Try to stick with a soft diet for the first 3-4 days.
6. Make sure that you rinse your mouth out with water or Biotene after snacking or if you must smoke. (Make sure that you do not use the Listerine in between, over use can be just as bad as not cleaning it.)
7. Although you may be tempted, avoid playing with jewelry and avoid contact with other body fluids for 1-2 months.
8. Use ice chips for pain or swelling- do not leave ice on tongue longer than 30 minutes per hour.
 - You should expect some swelling for the first week (whether you have the jewelry in or you remove it).
 - Barbell May be longer than you desire. The reason that we use a longer barbell is so that it leaves plenty of room for swelling. Also be careful when eating (the barbell may fall sideways and cause you to bite down on it).
 - Your Piercing is intentionally placed on an angle to fit more comfortably in your mouth and to help prevent damage to teeth and structure of gums and mouth.
 - An Indent may appear on top of your tongue. This is caused by swelling and will disappear in time. Severe swelling (where any part of the bar or the beads cannot be seen) needs immediate attention.
 - **DO NOT** remove or change jewelry for at least 2 months. Barbells can be removed by turning the bead counter clock-wise.
 - Playing with the barbell, even in the future, increases the risk of damaging teeth and other structures in the mouth.
 - Remember: after the healing is complete, cleaning your jewelry is an on-going process. Plaque will build up on the barbell and can be removed with a toothbrush.

If you have any questions, concerns, or problems please stop in, email us (tankstat2@hotmail.com), or call us (218-498-2600) immediately.

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