

# *Lip, labret, Monroe, or cheek piercing*

## 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 sever swelling during the first 1-2 weeks of the healing process.

For the inside of mouth: 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 – use half strength (½ water, ½ Listerine). Use for the first 2-3 weeks.
- b. If you choose to use the Biotene, you may use it more often than the Listerine for 2-3 weeks.
- c. If you choose H2Ocean mouthwash, follow manufacturer's directions.
- d. 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 jewelry inside the mouth and rotate slightly. (Note: if using H2Ocean, follow manufacturer's instructions. Glyoxide may or may not be needed.)

For the outside: use piercing after care solution 2 times per day for 2-3 weeks then as needed, Bactine 2 times per day for 2-3 weeks, then as needed, OR H2Ocean per manufacturer's direction.

2. Avoid smoking for the first 2 weeks. Smoking will increase healing time or prohibit healing.
3. Avoid hot and spicy foods, melted cheeses, chewing gum etc.
4. 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.)
5. Although you may be tempted, avoid playing with jewelry and avoid contact with other body fluids for 1-2 months.
6. Use ice chips for pain or swelling- do not leave ice on 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).
  - Labret stud or ring may be bigger or longer than you desire so there will be plenty of room for swelling.
  - Severe swelling (where any part of the bar, flat part of the labret stud, or the bead cannot be seen or if the ring is too tight due to swelling) needs immediate attention.
  - **DO NOT** remove or change jewelry for at least 2 months. Labret studs can be removed by turning the bead counter clock-wise. The beads on captive bead rings are dimpled and are held in by pressure.
  - Playing with the jewelry, 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 with soap and water is an on-going process.
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**If you have any questions, concerns, or problems please stop in, email us (tankstat2@hotmail.com), or call us (218-498-2600) immediately.**

**www.tankstattoos.com**