



Oral Piercing Aftercare

* What you will need*

Brown Mouth Wash

Distilled Water

Sea Salt

* What to do*

Rinse with brown mouth wash after everything
Except for bottle water.

You will need to do this for 2-3 weeks.

Rinse your mouth for at least 60 seconds
each time.

Take **4 teaspoons of sea salt** and mix it with
the **distilled water** and then rinse your piercing
for 1 to 2 minutes. 5-6 times a day.

What to avoid

Try to avoid playing with your piercing until it
is healed and do not click it on your teeth.