



TITANEN

Piercing & Tattoo

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Oral Piercing Aftercare

Date / check-up date

Piercer

Healing time

Jewelry

In the first 4 days

No Aspirin, No Sport

In the first 4 Weeks

No Sauna, Tanning, Swimming, or
Bathtubs

No Alcohol, chemical drugs, coffee or
dairy products

Advice

Until the piercing is completely
healed, please:

- Do not touch the piercing
- Do not spin or move the jewelry
back and forth
- Avoid smoking and long talking
- Avoid oral contact (kissing, oral
sex, bottles and glasses)
- Be careful with spicy, acidic or
crumbly food
- Do not change the Jewelry
- Eat healthy and regularly
- Drink enough water
- Sleep well and adequate
- Stay healthy and happy

Contact us immediately if you have
any complications!

Care inside

- use a new toothbrush
- brush teeth 3x/day
- use non-alcoholic mouthwash as
needed

Care outside

Clean the piercing every morning in
the shower:

- 1) Wash your hands thoroughly
- 2) Carefully clean the area around
the piercing with a pH balanced
soap for sensitive skin
- 3) Rinse with clean water

In the first 8 weeks, soak the Piercing
every evening with a salt solution:

- 1) Wash your hands thoroughly
- 2) Soak a gauze compress with salt
solution
- 3) Carefully hold the compress on
the piercing for at least 5 minutes

**Do not use Disinfection, Alcohol,
cotton swabs, pads, or other
aggressive products for cleaning!**