

# Rings of Desire

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## *Troubleshooting for Oral Piercings~*

On occasion a piercing does not heal as rapidly or as effortlessly as you would like. Healing times can vary tremendously, dependent on a variety of factors. Remember that a piercing is a foreign object, and that the body's usual job is to rid itself of foreign objects. Human bodies are truly unique, and what works best for one person's piercing may not work for another's.

Mild salt water rinses are strongly suggested for sore, irritated, or slow-to-heal piercings and for those experiencing a lump or bump at the site of an oral piercing. This will help to accelerate healing and minimize discomfort. Salt water soaks help to drain the piercing, and stimulate blood circulation which accelerates healing.

Dissolve 1/4 teaspoon of salt (sea salt is best, though table salt will do) into one cup of warm water in a clean cup. (A stronger solution is not better as you can burn your piercing with too much salt.) Rinse with mouthfuls for 30-60 seconds at a time. Repeat 4-6 times daily. You may follow with a clear water rinse to remove salt from the area.

Two other products are listed below that have been helpful for minimizing lumps or bumps on the inside of the mouth.

These are products to try after four weeks of initial healing, in the event that success is not achieved employing the usual care regimen and salt water.

**Aspirin:** Place a chip of aspirin (1/4-1/2 of an aspirin, depending on size of bump) directly onto the bump or lump inside of the mouth. Allow it to dissolve in the mouth. You may rinse with water or diluted Listerine afterwards. Apply aspirin to the affected area 2-3 times daily. OR:

**Aquafresh Whitening Toothpaste (Specifically the "whitening" type) :** Apply a small dollop to the affected area and allow to dissolve in the mouth 2-3 times daily. You should also use this toothpaste for brushing while condition persists.

Try using a product for at least one week (unless it is obviously worsening the condition) before you attempt to determine whether it is having the desired effect. The above products are advised in addition to an antibacterial mouthwash and an oral antiseptic rinse. See cleansers on care sheet for specifics.

The style or size of the jewelry may need to be adjusted, depending on your situation. If possible, try to come in to have a piercer examine the area.

Oral piercings can be tricky to heal due to the high-trauma nature of the area, and the rapidity with which the cells generate. As you cannot cease eating or speaking entirely, it is very important to rest the area as much as possible.

Some piercees unknowingly traumatize the area during sleep. A sports mouth guard (available at Walmart for \$.99) can be worn at night to help rest the mouth while sleeping.