

## Beyond the Bling

# Piercings and Your Oral Health Risks

### If you are thinking about getting a mouth piercing:

**You should know that they can lead to many oral health problems such as:**

- Cracked teeth that may need to be extracted.
- Infection
- Swelling and choking
- Nerve damage
- Excessive drooling



### If you already have a piercing:

**You need to take special care of it to make sure your mouth stays healthy. Make sure to:**

- Brush twice a day and floss daily – this is important, so your piercing doesn't become infected!
- Clean the piercing with alcohol-free mouthwash and a toothbrush after meals.
- Do not click, fidget with, or put stress on your piercing.
- Occasionally make sure your piercing is tight so that it doesn't become a choking hazard.
- Remove the piercing when playing sports.
- Contact your dentist or physician immediately if you spot signs of infection (swelling, pain, fever, chills, red streaks).



Oral piercings can potentially cause long-term, serious complications, so speak with a dentist or physician if you are planning on getting one so you can make a fully informed decision.

