

ORAL PIERCINGS & ORAL HEALTH

It may not seem like a medical concern, but oral piercings can affect your overall health through infections, and your oral health, by damaging the nerve of the tooth, gum, recession, bone loss, and tissue scarring



Piercing goes through the skin increasing risk for infection. Tongue and lip piercings can affect both hard and soft oral tissues.

Having any type of oral piercing puts you at risk for adverse side effects.

RISKS INCLUDE:

Infection

Millions of bacteria live in your mouth this increases your risk for infection. If infections of the mouth are left untreated your tongue can swell and block your airway. Notify your physician immediately if you have signs of infection.

Damage to Gums, Teeth & Fillings

Biting or playing with a piercing can harm your gums and can cause cracked, scratched, or sensitive teeth. Piercings can also cause damage to dental fillings.

Nerve Damage

Piercings can cause temporary or permanent nerve damage. This can affect your sense of taste and the movement of your mouth/tongue.

Allergic reactions

If you have allergies to certain metals allergic reactions are possible at the piercing site.

Excessive drooling

Increased saliva production occurs with tongue piercings.

Bad Breath

If you have poor oral care food and debris can collect on your piercing. This can cause bad breath and lead to an altered sense of taste.

Choking/Swallowing jewelry

This can occur if jewelry pieces become detached.

Infectious Disease

You have an increased risk of getting an infectious disease if your piercing is done with contaminated equipment. This can result in blood-borne diseases such as Hepatitis and HIV.



IF YOU ALREADY HAVE ORAL PIERCINGS:

Watch for signs of infection;

Signs to look for are swelling, pain, fever, chills, shaking or a red-streaked appearance around the site of the piercing.



Use a reputable professional that practices proper infection control.

Keep piercing clean, brush twice a day and mouth rinse, wash your hands before touching piercing.



Be gentle with piercing when moving it, chewing, or talking.

During sports activities remove piercing and use a mouthguard.



Visit your dentist regularly every 6 months.