

## Pierce Labs – Tongue Piercing Safety Guide



This guide provides important safety information for anyone considering a tongue piercing. While our CuteBite™ Tongue Piercing Kit includes high-quality materials.

### What's Inside Your CuteBite™ Kit

- Titanium 14g barbell (22mm)
- Sterilized 12g needle (single-use)
- Alcohol cleansing pad
- Optional single-use sterile piercing clamps

All components are sealed, sterile, and intended for professional use only.

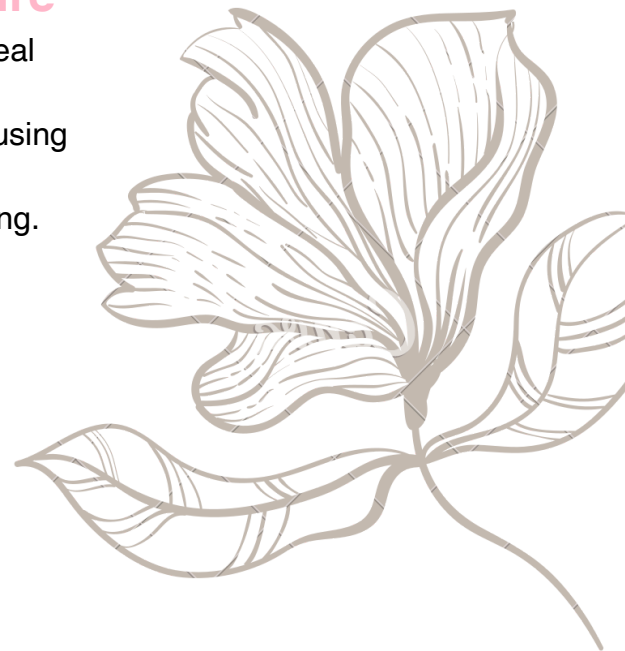
### How to Prepare for a Tongue Piercing

- Eat a light meal beforehand
- Rinse your mouth with an alcohol-free antiseptic
- Avoid alcohol or blood-thinning medications for 24 hours before your appointment.



### What to Expect During the Procedure

- **Perform a thorough visual inspection and mark the ideal placement on the tongue.**
- Ensure the tongue is properly cleaned and prepared using sterile techniques.
- Have the jewelry inserted immediately after the piercing.
- Follow all aftercare instructions provided Below to promote proper healing.



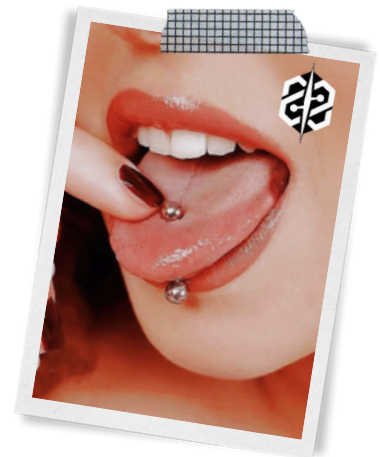
## Aftercare & Healing

- Rinse your mouth 2–3 times daily with alcohol-free mouthwash.
- Avoid spicy foods, smoking, and alcohol during the early healing period.
- Expect some swelling for 3–5 days after the piercing.
- Healing typically takes 4–6 weeks.
- Do not touch, play with, or twist the jewelry during the healing process.



## Step By Step Procedure

1. Evaluation & Placement
  - Begin by examining the tongue, checking for veins, and identifying a clear, central area that is safe to pierce.
2. Sterile Preparation
  - The tongue and surrounding area are cleaned with antiseptic.
3. Stabilizing the Tongue
  - To keep the tongue from moving, gently holds it or uses sterile clamps. This allows precise control and prevents accidental shifting during the piercing.
4. Creating the Piercing Channel
  - Using a sterile, hollow needle, make a clean pass through the marked points on the tongue.
  - This controlled motion creates the channel for the jewelry.
5. Inserting the Jewelry
  - Immediately after the needle passes through, guide the barbell into the opening with a threader.
  - The jewelry is secured with threaded balls on each end, ensuring it stays in place during the healing period.



## Contact Pierce Labs

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We reply within 24–48 hours.

