

Healing Process of a Tongue piercing

In this article you will know the Healing process of a Tongue piercing, phases of healing process day by day, When and How Long Can you Take Your Jewellery Out of your Tongue?, How To Reduce The Healing Time Of A Piercing Tongue, Warning Signs of Infection, Let's Start!

Piercing is one of the most popular forms of piercing — it is easy to cure and hide. Usually, piercings do not hurt, depending on your tolerance. The level of pain varies from person to person.

Inflammation

Your tongue will swell about 8 to 10 days after the first piercing; the amount of inflammation will depend on how far the piercing is placed (when the piercing recedes, more swelling).

Food and Speech

For the first few days, you will not eat solid food or speak well.

Jewellery

The first piece of jewellery used will be long enough to deal with inflammation. They usually use a straight barbell 16 to 18mm long, surgical steel or titanium (you can choose the colour). Titanium is the best as some people are allergic to surgical steel; your piercer should tell you what allergies you should look for.

If the swelling is reduced, the long bar will be shorter. They make shorter ones from other materials, such as metal with gold or acrylic planks. After the piercing has cooled, you may consider using a labret stud or retainer tongue when you need to hide your piercing.

Phases of the Healing Process, Day by Day

After piercing, your tongue usually lasts from three to four weeks to recover fully. This is one of the fastest-growing piercings, as the enzymes in your saliva help fight infections and kill germs.

You will need to use an excellent non-alcoholic mouthwash to help clean your mouth, but be careful not to overdo it, which can make your tongue green or brown. If this happens, reduce the amount of mouthwash you use and how often you use it.

Days 1-5

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After the first day, you will be swollen. The worst will be during the first five days when your speech will be banned, and you may need to turn your diet into mashed potatoes, noodles, and other soft foods. Drinking cold drinks helps.

To recover quickly, you should avoid drinking alcohol or hot drinks, smoking, kissing, tremors or even touching the barbell, as well as ibuprofen and aspirin (which can increase inflammation - use Tylenol instead).

5-7 days

Inflammation will begin to subside. Some people recover faster than others.

7-10 days

The swelling should go down now. If possible, you will need to have the barbell area shorter. The day when you can change a long barbell to a shorter one will depend on the amount of inflammation you feel.

10-28 days

It may take 3 to 4 weeks to relax fully.

When and How Long Can I Take My Jewellery Out of My Tongue?

This question's answer differs from person to person. Languages heal faster, and even if the piercing is technically cured, it will cool down if you leave the jewellery for a long time.

Some piercings may cool off almost immediately, after a day or so, while some with substantial holes say they can go without jewellery for three weeks without worry.

How To Reduce The Healing Time Of A Piercing Tongue

- Keep Swelling Down
- Drink cold drinks, preferably water.

Keep It Clean

This includes cleaning not only the piercing area but also your entire mouth.

Clean at least twice a day.

Wash and bathe after every meal, after drinking anything without water, when you get up early, and before you go to bed.

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Use a non-alcoholic antibacterial mouthwash with fluoride or a glass of water with a teaspoon of sea salt (not table iodized salt!) Dissolved in it.

Wear Proper Jewellery

Make sure the barbell is robust: Hold the lower ball steady while twisting the upper ball clockwise.

After the initial swelling subsides, ask your piercer to change the long bar to shorter. After this, you do not want to change the jewellery often, irritating the site and increasing healing.

Titanium is a minor substance that can cause allergies.

- Avoid Annoying Thing
- Do not put your fingers in your mouth.
- Do not touch, tap, or play with jewellery.
- Rinse your mouth after a long period of talking or chewing.
- Do not drink alcohol, do not smoke, kiss, or open your mouth for anything other than food, beverages, mouthwash, toothpaste, and saltwater.
- Beware of Symptoms of Infection

Of course, the infection slows down the healing process, so if you notice swelling, redness, red rashes that appear irritating, swollen, or leaking, consult a doctor immediately.

Warning Signs of Infection: What to Look for

While you are being treated, you may have the following problems, but do not worry, as they will stop once the piercing is completely healed:

You will have an excess of saliva, which will make you swallow more.

The taste buds at the end of your tongue may become soft, and you may feel a tingling or burning sensation.

You may have sensitivity at the top of your tongue where the ball causes depression, as well as in the lower web.

You may notice a white liquid that has been removed from the wound as the piercing cools down as dead white blood cells leave your body. Usually, dead blood cells can form scabs, but saliva in your mouth will not allow scabies to develop.

When to See a Doctor

- Inflammation. Inflammation is joint, especially in the first five days, but seek treatment if it appears to be exacerbated, worsening, or interrupting speech or swallowing.
- Redness or red streaks. This may be a sign of inflammation and infection, especially if accompanied by inflammation, pain, or fever.
- Bleeding. If it seems too much or too little.

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- Colour change and release. If your tongue looks green, purple, yellow, or black, or if you notice any redness or discharge during the piercing, these are signs of infection.

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