



TIPS AND TRICKS SERIES

Oral Piercings: What You Should Know

Oral piercings are piercings in the tongue, lips, or cheeks. Many people use them for style or self-expression. But they are riskier than ear piercings and can cause long-term damage.

Why it matters:

Your mouth helps you talk, eat, and smile. It also has many bacteria, blood vessels, and nerves. A piercing can easily cause problems.

Big Risks:

- Infection (mouth has lots of bacteria)
- Bleeding that can be hard to stop
- Swelling and pain
- Trouble talking, chewing, or swallowing
- Chipped or cracked teeth
- Damage to fillings or crowns
- Gum damage
- Jewelry getting swallowed or inhaled
- Nerve damage (numb tongue or lip)



What to do:

- Think before you get a piercing
- Ask a dental professional first
- Follow all aftercare instructions carefully to help healing and prevent infection."
- Watch for pain, swelling, or changes in speech
- Replace damaged or worn jewelry promptly.

What to avoid:

Avoid playing with the jewelry using your teeth or tongue.

Special warning: Snake eyes piercing

A snake eyes piercing goes across the tongue instead of up and down.

This can:

- Tie tongue muscles together
- Cause constant pulling and pain
- Lead to swelling and scar tissue
- Make speech and eating harder
- Damage the tongue over time

Many professional piercers will not do this piercing because it is unsafe.