Tips & Tricks

- Drink lots of cold bottled or filtered water to stay hydrated & help with swelling (*no straws!*)
- **Come back to downsize excess length on your piercing as needed, to lessen the likelihood of irritation, or gum & tooth damage***
- Follow the aftercare & ***be patient***. Healing piercings are a labour of love. But it's worth it!

Please Avoid...

- Do not soak or submerge your piercing in bodies of water throughout the healing process (*showers are encouraged!*)
- **Avoid harsh products like whitening toothpastes or mouthwashes containing alcohol**
- Avoid changing your body jewelry by yourself before it's fully healed - *Switching the style or to lower quality jewelry can compromise a healing piercing.*
- Avoid oral or sexual contact on your piercing during the healing process

Do you have a question or concern with your piercing?

No need to worry! We're here to help.

Book an appointment for a check up & we can advise the best course of action.

About Your Body Jewelry...

All of the body jewelry used at Ineffable Aesthetics meets the same specifications as medical implants such as pacemakers or hip replacements.

(*ASTMF-136 titanium, niobium, or solid 14/18k nickel free gold*)

This means your jewelry is meant for long term wear as it is **highly biocompatible,** and will not tarnish.

Your body jewelry is also warrantied against manufacturing defects that are of no fault of your own.

This does not cover loss.

For more warranty information, visit our website.

You are Wearing:

Gauge: _____

Size: _____

Style: _____

Material: _____

Date: _____

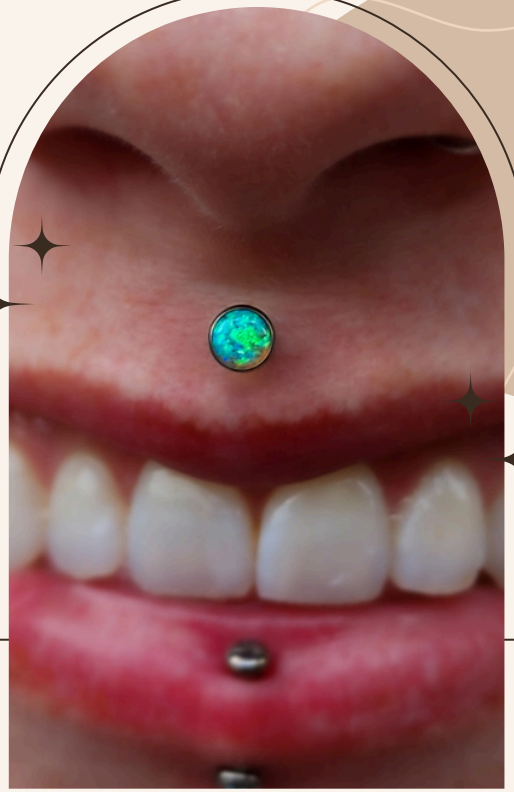
Piercer: _____

Downsize: _____

Ineffable Aesthetics

- Defy Definition -

✦ Piercings ✦ Tattoos ✦ Fine Body Jewelry ✦



Oral Piercing Aftercare

www.defydefinition.ca

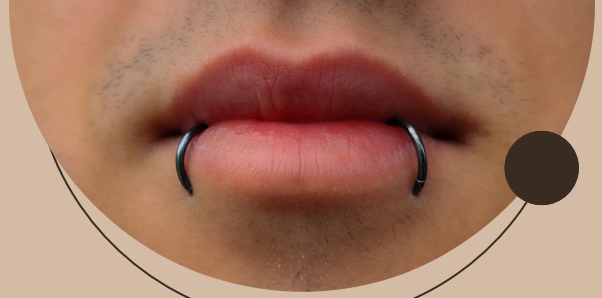
Aftercare: Made Simple.

On The Outside:

1. **Keep it Clean** - Remove debris by gently rinsing with warm running water, or sterile saline.
2. **Keep it Dry** - Gently dry the outside with non-woven gauze or a hairdryer on a cool setting.
3. **Be Mindful When Eating** - Extra length is easy to chomp on. Be careful while you're healing.

On The Inside:

1. **Grab a New Toothbrush** - Keep bacteria out of your fresh piercing by changing to a new toothbrush & maintaining your normal oral hygiene routine (twice a day).
2. **Rinse with Water** - Anytime you eat, drink, or smoke, rinse with cold bottled or filtered water.
3. **Avoid Alcohol, Spicy, Sour, or Salty Food** - For the first few weeks, as this may irritate your new piercing & increase swelling.
4. **Don't Overuse Mouthwash** - If you incorporate mouthwash into your oral hygeine, ensure to use an alcohol-free version & only use twice daily. *Any more can cause irritation throughout healing.*



Healing Times:

Healing times for oral piercings vary, depending on a wide variety of factors. The placement, aftercare, jewelry quality and style, environment, *and more*, can all play a part in how a piercing heals.

The following heal times are a general approximation and will vary.

Most oral piercings take around **4 - 6+ months** to fully heal. We recommend waiting until you are fully healed before changing your piercing to a hoop / ring.

Check ups are always free.
Changes with purchased jewelry are free, a shorter post ranges from $20-30.

Throughout the healing process it is not uncommon to experience:

- Redness, or slight bruising
- Swelling (*Oral piercings tend to swell significantly*)
- Tenderness of the piercing site
- White or off-white coloured fluid at the piercing site (*This is lymph and is totally normal*)
- Crusty build up on or around the jewelry (ensure to gently remove)

We care about you, and want to make your jewelry dreams a reality.

Sparkle Now, Pay Later

- Ask about payment plan options with Afterpay

Book Your Downsize Now:

Join Our Loyalty Program!
Earn Points with Every Purchase

Ineffable Aesthetics
- Defy Definition -

Eagle Landing Shopping Centre
Unit 508 – 8236 Eagle Landing Parkway, Chilliwack, BC V2R 0J2

Text (778)684-1209
hello@defydefinition.ca
@defy.definition
www.defydefinition.ca