

Learn the Facts
and Think Hard
before you get a
tongue or other
oral piercing!

Our mouths are
full of bacteria.
This is why oral
piercing can lead
to infection.

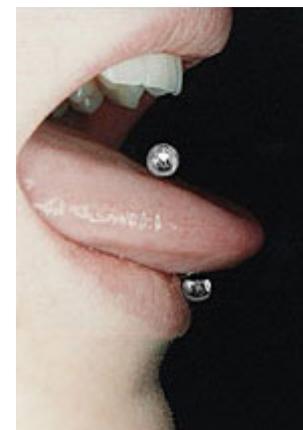


For more information:

Contact your local dental clinic



This pamphlet was designed by
Aaron Means, DDS,
Oklahoma Area, AND
Bonnie Bruerd, DrPH
NW Tribal Dental Support Center



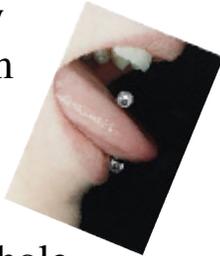
Oral Piercing
and Your
Health



Get the Facts First!

▶ Tongue Piercing

The most common type of oral piercing is tongue piercing. Tongue piercing is seen by many people as a form of body art.



A needle is used to make a hole in the tongue into which a rod is inserted through the full thickness of the tongue. The final result is a rod through the tongue with balls or other jewelry on either end of the rod, resembling a barbell.

Oral piercing can also include piercing the cheeks, lips, and the area between the lower lip and chin.

Problems with Tongue Piercing

Infection from the instruments that are used or from germs that are already in our mouths.

Prolonged bleeding, swelling, and pain.

Cyst formation

Toxic shock syndrome

Nerve Damage

Speech problems

Swallowing jewelry

Cracked teeth

Who performs tongue piercing?

It is usually performed by unlicensed people who learn on the job. Piercings are usually done in tattoo parlors, but might also be done at concerts, sporting events, and parties.



There are no current national standards to help ensure public safety!

