



How do I care for my piercing during my orthodontic treatment?

- Remove piercings where possible
- Brush regularly around the piercing to keep it clean
- Always wash your hands before handling the piercing
- Avoid fiddling with it!
- Remove it whilst playing sports
- Plastic piercings are less likely to cause damage to teeth
- If you are immunocompromised, oral piercings are strongly discouraged
- Seek medical advice if you think the piercing may be infected

REMEMBER:

- Remove oral piercings before starting orthodontic treatment
- Oral piercings may lengthen the overall time you wear fixed braces
- Avoid “playing” with the mouth piercing between your teeth
- If your oral piercing interferes with your retainers, your teeth may change position – further NHS treatment would not be available to correct this
- Use an alcohol-free antibacterial mouthwash
- Visit your dentist regularly

Any further questions?

Please ask your orthodontist, dentist or hygienist for more advice.

For further information, go to:

Safesmile

www.dentalhealth.org/safe-smiles-oral-piercings

Colgate

www.colgate.com/en-us/oral-health/basics/threats-to-dental-health/oral-piercing



If you are thinking of having orthodontic treatment and already have or are thinking of having an oral piercing, you will need to know about the possible risks. You may want to ask some questions before you decide whether to go ahead.

What is an oral piercing?

An oral piercing is a cosmetic piercing of the mouth area which can involve the lips, cheeks and tongue.

I am thinking about getting an oral piercing, what do I need to know?

Delay or avoid getting a piercing if you are about to start fixed brace treatment. If you are considering a piercing, make sure you go to a trustworthy provider.

Oral piercings should only be provided to over 16-year-olds unless parents have consented to the procedure.

Can I have x-rays taken with my oral piercing in place?

You will be asked to remove any piercings before having an x-ray of your teeth or face.

If it isn't removed, the piercing can be seen on the x-ray and will get in the way of a clear view of the teeth.

Can I still have orthodontic treatment with my oral piercing?

This will depend on your orthodontist or dentist.

We would advise that oral piercings are removed prior to orthodontic treatment.

They make it more difficult for you to keep your mouth and fixed brace clean.



Can an oral piercing damage my teeth?

Yes.

It can cause chipping of the tips of the front teeth. Dental treatment may then be necessary to repair the teeth.

Can an oral piercing damage my brace?

Yes.

Oral piercings can get tangled up with your brace and cause damage or breakages.

Repeated breakages will mean that treatment progress is slow and your brace may have to be removed early.

What problems can an oral piercing cause in my mouth?

- Infections, blood poisoning, sepsis
- Prolonged bleeding
- Pain and swelling
- Chipped or cracked teeth
- Tooth wear and sensitivity
- Injuries to gums such as gum recession or overgrowth of the gums
- Gum disease
- Effects on eating and speaking
- Allergic reactions
- Difficulty in cleaning resulting in tartar build-up
- Accidental swallowing or inhalation

Will having an oral piercing affect my retainers?

Oral piercings can prevent your retainers fitting properly.

Wearing retainers as instructed by your orthodontist/dentist is important to ensure that your teeth remain straight after your brace has been removed.

If you have a fixed (bonded wire) retainer, the piercing can cause damage to it or break it. This can result in your teeth moving and becoming crooked again.

If your teeth move due to your oral piercing, further treatment on the NHS would not be available.