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## Category: Belly Chains

### Subcategory: Belly Chains

#### **Tip: Belly Chain Basics**

A belly chain is a beautiful accessory for warm weather wear. They can be paired with low-waist jeans or skirts as well as with your two-piece at the beach. Ideally, your belly chain should hang just below your belly button, anchored by your hips. Here are a few tips for finding the right belly chain: Measure around your midriff, just above your hipbones. Leave a little slack. This measurement will be the ideal length of belly chain. Choose a chain that's made of a high quality metal, like sterling silver. These chains look great against all skin tones and are easily cleaned by dipping in silver polish, then giving a quick warm water rinse. Balance is everything: Wear a simple belly chain with more complex outfits, like jeans and tops. If you're wearing simple clothing, like a bikini or a sarong, you can generally go with more ornate belly chains. If you tan regularly, remove the belly chain or you'll get tan lines!

#### **Tip: Belly chains on the town**

Put on your belly chains, grab your girlfriends, and go out for a night on the town. Belly chains are unique pieces of body jewelry that originate from traditional Middle Eastern belly dancing garb, so the perfect place to start your evening is at a belly dancing class. Afterwards, tantalize with your new moves at a dance club. Some cities have clubs that offer belly dancing nights, where local belly dancers gather to shimmy their belly chains all night long.

### Subcategory: Belly Chains Styles

#### **Tip: Variety of Belly Chains**

There are many different styles of unique belly chains. You can buy gold belly chains, sterling silver belly chains, personalized belly chains, crystal belly chains, and dangling belly chains. Typically, however, the belly chains are made from metal that is cheaper than silver or steel.

### Subcategory: Belly Chains Versatility

#### **Tip: Belly Chains in Winter**

Cold weather doesn't mean that you have to put your belly chains away. You can wear unique belly chains (with a crystal or gemstone ornament) outside your clothing as stylish belts during the wintertime.

## Category: Belly Rings

### Subcategory: Belly Button Concerns

#### **Tip: Storing Belly Rings**

Whenever you need to take out your belly ring (or if you've bought a new piece of jewelry) you'll need to store it. The best way to do this is to store each piece individually in small plastic baggies. If you put them all together in a group, there is always the risk of losing balls off the ends of your rings, or getting dangling items tangled together. The plastic bags will also keep your items relatively sterile, if they were in that condition when put away. To be safe, clean your jewelry thoroughly before you put it into your belly piercing.

### Subcategory: Belly Button Piercing

#### **Tip: Navel Rings and Piercing Tips**

It is a bit more difficult to do a belly button piercing of an "outie" belly button than it is to pierce an "innie" belly button, but it certainly can be done. An "outie" belly button has a significant amount of surface scar tissue, which is very tough. Therefore, you should look for a belly button piercing artist who not only has a good reputation, but also experience with piercing "outie" belly buttons.

### Subcategory: Belly Rings

#### **Tip: Belly Button Rings & Your Baby**

Everyone knows what happens to your belly button when you're pregnant: It disappears! So, does that mean you have to lose give up your belly button rings altogether? Not at all! Just pick up one of many styles of belly button rings especially designed for your expanding belly. Made of PTFE (Polytetrafluoroethylene, more commonly known as "Teflon"), these longer cables are adjustable and stretch as your belly grows. Just screw the barbells onto each aside and re-adjust throughout your pregnancy, as needed. You'll have to remove the jewelry when you deliver, but at least you won't have lost the piercing over the nine months of your pregnancy. You should be able to return to regular belly button rings shortly after your baby is born.

#### **Tip: Belly Rings Offer Variety**

Belly button rings are not just hoops anymore. You can buy any shape or style imaginable. Some rings are larger than others. They come in all shapes and sizes. There are belly button rings with gems, crystals and other stones. Rings come in

shapes of flowers, animals, hearts etc. Many rings can be customized. Surgical steel or other high quality metals are a must when it comes to belly button rings and other piercing. Sterling silver or pure Titanium is metals that are safe to use in body piercing. Materials that lack quality or contain nickel, tin or aluminum may cause infections and lead to other problems.

### **Tip: Diamond belly rings**

Navel rings are available in every price range. Diamond and platinum belly button rings will give your belly button an extra special look. Like most diamond jewelry, diamond belly rings are more expensive than fake gemstone body jewelry. Expect to spend several hundred for diamond belly rings.

### **Tip: Navel Piercing Procedure**

When you go in to get your navel pierced, the first thing you should do is look around. Is the shop clean and well lit? Does the piercer look competent (are they businesslike, have they done this before?) Ask to see the instruments that the piercer will be using to put in your navel ring. Most of the time, they will be taken out of the autoclave (sterilizer) or sterile packets right in front of you. This is a good thing - don't accept their word for it that the instruments are sterile. Have the piercer mark where they're going to pierce your navel with a pen and ask to go look in a full-length mirror before having the actual piercing done. You should be satisfied with the placement before the needle touches your skin. After getting pierced, make sure the piercer gives you aftercare instructions and lets you know what type of treatment to use on your new piercing. A printed sheet is best, but don't feel weird writing this info down if it's just told to you - this is your body, take care of it! Make sure to ask how long you should wait before showering/bathing, and also ask the recommended procedure if something goes wrong. This procedure will allow you to get the best experience out of getting your new navel ring.

### **Tip: Piercing outie belly buttons**

Outie belly buttons can be pierced, but are much more complicated to pierce than "innie" belly buttons. It is important to find an experienced piercer to pierce an outie belly button. If you decide not to pierce your belly button, you can get alternative body jewelry such as a belly chain.

### **Tip: Things to Avoid After You Pierce Your Navel**

Navel rings can be "sexy", but you must let them heal properly before you can "dress up" your belly button. Here are some things to avoid after you pierce your navel in order to allow it to heal correctly. -Avoid undue trauma such as friction from clothing, excessive motion of the area, playing with the jewelry and over cleaning. - Avoid the use of alcohol, hydrogen peroxide, Betadine or ointment. Only use sterile saline solution

with no additives to clean in and around the pierced area. - Avoid stress and recreational drug use including excessive caffeine, nicotine, and alcohol. - Avoid submerging the piercing in bodies of water such as lakes, pools, jacuzzis etc., without protecting the area with a waterproof covering. - Avoid cosmetics, lotions, fragrances and sprays in or around the piercing. Basically all beauty and personal care products should be eliminated while you are healing. - Do not hang charms or any object from your jewelry or remove your ring until the piercing is fully healed (which takes around 6 months). Belly button rings are wonderful as long as you take care of your piercing and keep it free from possible irritants. An infected navel doesn't have much "sex appeal."

### **Tip: What Should You Look for in a Piercing Parlor?**

You want a navel ring, but don't know where to go to have your belly button pierced. What should a professional piercing parlor have in order to make sure they are legit? Here are some suggestions for choosing the right establishment for your navel piercing procedure? First impressions are essential. Is the waiting area clean and do you feel comfortable there? Check their credentials. Do they have a valid business license? See if they are members of the Association of Professional Piercers (APP). This will ensure that they went through extensive training and know the proper safety procedures. Ask lots of questions and be wary if the employees don't know the answers. If they are more like salespeople pushing the jewelry then they probably have a high turnover and that should raise a red flag. Ask to see the aftercare information. The parlor should have printed information with specific instructions on how to care for your freshly pierced belly button. Make sure the information is current. If the literature still recommends using alcohol or hydrogen peroxide to clean your navel then the studio is not keeping up with the current research in body piercing care. If you are young and they don't ask for I.D. you should beware. A business that doesn't follow rules should raise concern and maybe you should seek out another parlor. Feeling comfortable in the studio you choose is extremely important. You should make sure the parlor follows proper procedure and is up-to-date on body piercing care and guidelines.

## Category: Body Jewelry

Subcategory: Body Jewelry

### **Tip: Erotic Body Jewelry**

People are taking body piercing to the extreme today, and that includes piercing both nipples and genitalia. Men and women have jumped on this trend, and there are various different parts of both genders' genitalia that can be pierced. Be sure to ask at your piercing shop before going in for sexual body jewelry, as not all shops will pierce genitals. Also make sure that your chosen piercing shop is extremely sterile and private, as you do not want to feel uncomfortable while getting an erotic body piercing.

**Tip: Gold Body Jewelry**

Once you have a fully healed piercing, you will probably want to get some new jewelry for it. You'll have many choices at this point; along with the stainless steel that you were probably pierced with, you can also choose other metals. The richest of these is gold, in 10 kt or 14 kt. You'll want to make sure that you're buying gold and not gold-plated jewelry for your piercing, as the plated jewelry can cause reactions in sensitive people. Gold body jewelry will cost more than stainless steel, but it will give you a more elegant look.

**Tip: Scrolling Belt Buckles**

Scrolling belt buckles are buckles that are made with an LED screen on the front. They can hold different phrases, names or sayings in their memories, and you can select between them while wearing the belt buckle. They are customizable and lots of fun, especially in a party or club environment. A high end LED belt buckle (the ones that hold more phrases) go for around \$30 online, but you can search around to find your own best price. These belt buckles are great for people who want to make their own statement and don't want to have to stick to saying just one thing.

## Category: Body Jewelry Materials

Subcategory: Body Jewelry Materials

**Tip: Alternative to Metal Belly Rings**

For a new belly piercing, many technicians recommend a stainless steel or titanium navel ring. This is because they are sturdy, easily sterilized and don't tarnish. However, some people have allergic reactions to all metals. Does this mean navel piercing isn't for them? Absolutely not. Speak to your piercing professional about bioplast. This material is ideal for sensitive skin and has the additional benefit of being more flexible. This allows your body to move naturally without interrupting your piercing's healing time. Be sure to ask your piercer to autoclave (sterilize) your bioplast navel ring. Even though it is not metal, this high-quality plastic can be autoclaved! That means even more protection against infection from the start.

**Tip: Types of Body Jewelry Materials**

Belly button jewelry can be made from a number of materials, all of which are perfectly safe for long-term use. There are two basic types of belly button jewelry materials: natural and man-made. Natural Body Jewelry The best material is generally gold -- usually 18K or above -- since it does not tarnish. Platinum is also a good choice.

Additionally, you can have body jewelry made from bone, shell, wood or gemstones. These ultra-natural materials are wonderful for more tribal looks, but do require specific cleaning and maintenance. Speak to your piercing technician about the best way to preserve your natural material jewelry. Man-made Body Jewelry Many styles of belly button jewelry are made with man-made materials, usually due to their flexibility in the body. Since the midriff moves a lot, the jewelry ideally will do the same. Popular man-made materials used in body jewelry are acrylic, glass, PTFE (i.e., Teflon) and Pyrex. Some of these materials can cause irritation in sensitive skin, so it's best to watch them carefully over the first week or so after your piercing. If you have allergies or sensitive skin in general, you may wish to stick with the tried and true gold belly button jewelry.

## Category: Body Jewelry Plugs

Subcategory: Body Jewelry Plugs

### **Tip: Use quality rings when gauging your ears**

Gauging is a slow, delicate process and it's important to use high-quality rings while stretching your ear. Stainless steel rings work best because they don't absorb infection-causing bacteria and dirt. Once your ears are healed, you can choose from the wide variety of ear plug jewelry available, including stone body jewelry plugs, and wood body jewelry plugs.

## Category: Body Piercing

Subcategory: Body Piercing

### **Tip: Nose piercing infection**

A nose piercing is a body piercing that requires special care because of its susceptibility to germs and the nose's proximity to the brain. The nose and brain share the same blood supply. If your nose piercing becomes infected and is not cared for properly, the infection could spread to your brain. See your doctor if your nose piercing becomes infected. Do not remove the nose ring jewelry - if the hole begins to close and the bacteria become trapped, the infection could spread through your system.

Subcategory: Body Piercing Tips

### **Tip: Bad Metals**

There are several types of metal that you should avoid wearing after getting your body

pierced. You should avoid the following: sterling silver, because it oxidizes when it contacts body tissues and other fluids; plated gold, because the plating can wear away to expose metal that reacts with human skin; and fake gold and other base metals, because they may corrode when exposed to fluids.

## Category: Buying Body Jewelry

Subcategory: Buying Body Jewelry

### Tip: Buying Body Jewelry

A simple rule to follow when buying body jewelry is to take a good look at your facial and/or body structure and select a style of jewelry that complements it. This is particularly true of belly and nostril piercings. Small to Medium Frame Belly rings: You can go more elaborate with belly rings if you are of smaller build. Dangle belly rings are a good choice for special midriff-baring occasions. Nose pins: Go small here. Keep your choices to tiny elegant studs and well-fitting rings with high gauges (20-22). Larger Frames Belly rings: Barbells with colorful balls and/or embedded gemstones are a great choice. Anything that glitters! Nose pins: Larger faces can obviously carry larger jewelry. Feel free to experiment with the larger pieces, such as traditional Indian flower styles. Rings of varying sizes are also a great choice as long as they offset your features well.

### Tip: How Charming is Your Cellphone?

You've adorned your body, now how about jazzing up your cellphone? Jewelry for your cellphone is a great way to call attention to that piece of vital equipment, and it's a fantastic way to ensure you don't lose it! From Disney charms to zodiac signs to your favorite Sesame Street characters, cellphone charms are fun and stylish. Take your pick of a wide variety of playful charms at [www.bodycandy.com](http://www.bodycandy.com)! Bonus Tip: Get a flashing cellphone charm. It's perfect for finding your phone in a dark club or restaurant!

## Category: Discount body jewelry

Subcategory: Discount body jewelry

### Tip: Body Jewelry Cheap: Shop the Sales

Cheap prices don't have to mean low quality merchandise. Retail stores have clearance sales at certain times of the year. They clear out old merchandise to make room for new items. Summer clearance usually takes place in July, fall fashion goes on sale in October, winter clearance happens in January and spring merchandise is cleared out in May. If you shop the sales you could stumble upon several "killer deals." Some familiar

jewelry pieces that are readily available at most retail body jewelry chains are belly button rings, nose rings, tongue rings and an old classic; earrings.

## Category: Earrings

Subcategory: Ear Piercing

### **Tip: Diamond Stud Earrings**

Nothing looks classier than wearing a pair of diamond stud earrings. When you shop for great-looking diamonds, here are a few pointers for what makes a diamond truly worth your money: Size: The best size for stud earrings between 1/4 and 1 carat. Color: Anything in the G-H range is good. They'll look colorless once mounted. Clarity: Stay away from anything below "SI2". Cut: This may be just as important as any other part of the diamond. A well-cut diamond reflects light and adds to its brilliance. Don't scrimp on a good cut! Bonus Tip: Most importantly, make sure your diamond seller adheres to the tenets of the Kimberly Process, which certifies that traded diamonds are conflict-free.

### **Tip: Preferred Piercing Methodology**

It is recommended that you get your ears pierced at a professional body piercing studio. The practitioners at these studios are typically well-trained, and they use single-use, hollow point needles to pierce ears. This method is more sterile and less traumatic to the ears than using a piercing gun.

Subcategory: Ear Piercing Guns

### **Tip: Ear Piercing Gun Safety**

Although ear piercing guns are used at many facilities, they are not entirely safe. It is difficult to sterilize an ear piercing gun, and, therefore, its use poses a significant risk of infection. Ear piercing guns often malfunction, and even when they do work, the blunt force trauma causes significant damage to the skin &ndash; thereby extending the healing process.

Subcategory: Earrings

### **Tip: Cleaning and caring for diamond and pearl earrings**

Frequently clean your gemstone earrings to ensure they maintain their original sparkle and luster. Each gemstone earring requires a different cleaning method. - Diamonds: You should never touch diamonds with your fingers because they are susceptible to oils. Windex, ammonia, and toothpaste are often recommended to clean diamonds.

Diamonds may be soaked in windex or ammonia. Use a small toothbrush to loosen stubborn body oils and soap residue. - Pearls: Remove pearl earrings before using perfumes or hairspray, which will damage the pearl's soft service. Use a soft, damp cloth to restore the pearls' shine. Do not use an ultrasonic cleaner, ammonia, or detergents to clean the pearls. If you wear your pearl earrings often, bring them to a jeweler to be professionally cleaned once a year.

**Tip: Cleaning and caring for sterling silver earrings**

Sterling silver earrings tend to tarnish. Here are some tips to keep your sterling silver earrings looking their best. - Never store sterling silver earrings and gold earrings together. The metals react to one another - gold will turn sterling silver black. - Use white toothpaste and a toothbrush to remove tarnish from your sterling silver earrings. You may also soak your sterling silver earrings in baking soda and water. - Polish with a soft cloth.

Subcategory: Shopping for Earrings

**Tip: Shopping for Earrings Online**

You should always shop around, but gold earrings that normally retail for \$66 can be bought for \$20 via an online retailer. Department stores have a pretty good variety of earrings for sale, but they mark up prices considerably to pay for the cost of running a brick-and-mortar store. Why wouldn't you buy body jewelry online?

## Category: Erotic Jewelry

Subcategory: Body Piercing Tips

**Tip: Washing a Pierced Body Area**

For the first few weeks, you should wash your piercing twice a day with warm water and anti-bacterial soap. Make sure that you move the earring so that the water and soap gets into all of the pierced area. Afterward, you should also make sure that you thoroughly rinse to get the soap out of the pierced area. Finally, you should gently dry the piercing.

Subcategory: Nose Piercing

**Tip: Nose Piercing History**

Although nose piercing is largely done as a means of ornamentation these days, it has deeper meaning for other cultures. Some nomadic peoples in Africa assess the wealth

of a family by the size of a woman's nose ring. In India, piercing the left side of the nose is supposed to make childbirth easier and lessen menstrual pain.

Subcategory: Sexy Jewelry

**Tip: Nipple Jewelry**

Well, all jewelry can be erotic body jewelry, but body nipple jewelry is particularly sexy. There is a tremendous variety of beautiful dangle body jewelry, shields, and other styles of nipple jewelry to titillate those lucky enough to see them. Of course, there are a few other delicate areas where you can put sexy jewelry.

## Category: Italian Charms

Subcategory: Styles of Italian Charms

**Tip: Finding Italian Charm Stores**

A good place to look for Italian charms are the chains of jewelry stores in malls, which will sell the modular Italian charms (such as Zoppini and related brands). Piercing Pagoda and Solid Gold are two examples of kiosks/stores that sell these charms. Other places to look for Italian charms are stores such as collectible shops, and flea markets and craft shows. Finally, there are some larger department stores (such as Macy's and Filene's) that do sell the Italian charms, but depending on the popularity of the product, they may not always be available.

## Category: Nose Rings

Subcategory: Nose Ring

**Tip: Nose Rings**

Nose rings are lovely to behold. But here's a sizing tip you should know before you switch from a nose stud to a nose ring. Many nose rings are made of a higher gauge than you may have received with your initial piercing. For example, you may have been pierced and fitted with a 19-gauge needle/nose pin. If you want to get a delicate nose ring, you're probably looking at something in the 20g range. One gauge is not that big of a deal, but do keep in mind that your piercing will adjust to the new size over time. So if you're looking to switch from a stud, screw, or pin to a ring, it's best to keep the same size gauge for your ring. Or, if you really like the smaller size, only keep it in for a few days at most.

## Category: Temporary Tattoos

### Subcategory: Tattoo Tips

#### **Tip: Temporary Tattoo Cost**

A self-applied temporary tattoo is much less expensive than temporary airbrush tattoos. Some temporary airbrush tattoo artists charge \$25 per tattoo, while prefabricated temporary tattoos only costs \$3 or less if you buy it online. Also, you are limited to the designs that the artist has at her or his shop, while there is a tremendous variety of designs to be found online.

#### **Tip: Temporary Tattoo Safety**

Typically, retail temporary tattoos are safe. However, to be safe, make sure that the manufacturer uses FDA-approved cosmetic pigments. These non-toxic and hypoallergenic pigments are independently tested in a lab for skin irritation, eye irritation, and oral toxicity.

#### **Tip: Unique Fake Tattoos**

Although there are many styles of fake tattoos out there, you may want to try a glow-in-the-dark fake tattoo to attract attention when you're hanging out at night. Temporary belly button tattoos are also wonderful eye catchers, and you can even order custom fake tattoos.

### Subcategory: Tattoos

#### **Tip: Definition of "Henna"**

Henna is a tree or shrub, having fragrant white or reddish flowers, that is found in India, the Middle East, and North Africa. A reddish-orange dye (of the same name) is derived from the dried leaves of these plants and used to create temporary body art. People not only stain their hands and feet with henna as decorations but as protection from sunburn.

#### **Tip: Tattoo History**

The term "tattoo" was introduced to English speakers by Captain James Cook and sailors introduced the practice of tattooing to the Western world. Cook picked up the word, which is derived from a Polynesian language, while traveling throughout the Pacific during the late 1770s. Cook also introduced the term "taboo" to the Western world.

## Category: Toe Rings

### Subcategory: Toe Ring Tips

#### **Tip: Toe Ring Sizing**

You should have approximately a  $\frac{1}{4}$  size amount of play in between your toe and the toe rings. Your toe ring is too tight if you cannot spin the toe ring, and your toe ring is too loose if you can slide it on without using lubricant. Don't worry if your toe ring feels alternately loose and tight during the day. It's quite natural for your toes to swell slightly during the course of a day. You should, however, be concerned about gaining weight. Even a weight gain of 10 pounds can significantly alter your toe ring size.

### Subcategory: Toe Rings

#### **Tip: Buy resizable toe rings**

Purchasing resizable toe rings will allow you to wear the ring on different toes. If you wear toe rings in the summer, stretch toe rings can be adjusted to accommodate swollen toes while fitted toe rings may get stuck on the toe or become constricting and uncomfortable.

#### **Tip: Buy sterling silver or gold toe rings**

You should purchase gold or sterling silver toe rings if you plan to wear them often. Toe rings made from fake metals tend to leave green marks around the toe.

#### **Tip: How to make beaded ankle bracelets**

The best way to find an ankle bracelet to suit your personal style is to make it yourself. Here's how to make your own ankle body jewelry creation: 1. Measure around your ankle where you'd like the ankle bracelet to sit. 2. Go to your local craft or bead store and purchase beading thread and enough beads to fill up the thread. 3. Choose a clasp to close your ankle bracelet. 4. Arrange the beads before you string them. 5. Knot the end of the thread and string the beads. 6. Secure the bracelet with the clasp.

#### **Tip: Learn how to make your own toe rings**

There are a number of instructional resources on the Internet about making your own body jewelry. Your local craft or bead store may also have jewelry-making or silversmithing classes. Check your local community newspaper, or a school bulletin board for evening jewelry making classes.

**Tip: Toe ring tattoos**

If you're seeking a more permanent toe decoration, you may want to consider a tattoo toe ring. Tattoo toe rings are perfect for someone who wants a tattoo that can be easily concealable, but can also be shown off when appropriate. If you are considering a toe ring tattoo, you should be aware that it is a difficult tattoo to master. Discuss the complications of tattooing around the toe with your tattoo artist. You and your tattoo artist may prefer to only tattoo the top of your toe.

## Category: Tongue Rings

### Subcategory: Tongue Ring

**Tip: Smoking and Tongue Piercings**

Smoking and tongue rings really don't mix. You should avoid smoking directly after getting your tongue pierced, as the tar and other chemicals in the cigarette smoke can cause infection and slow healing. Additionally, some people may find smoking uncomfortable for their new piercing, as the tongue is very sensitive after having a barbell put through it. At the very least try to stop smoking for a few weeks while the initial healing process is going on.

**Tip: Tongue Piercing: Aftercare**

Aftercare instructions should be thoroughly explained by the piercer. By law they are required to give you written instructions to follow after an oral piercing process. Aftercare is crucial to the healing of your tongue piercing. Combating risks and infections should start with the piercer using the proper precautions including sterile tools, needles and jewelry. When the procedure is finished it is up to the individual to follow aftercare guidelines, which include: Using ant microbial alcohol-free mouth rinses and sea salt rinses. Not sharing plates, eating utensils, cup etc with other individuals. Replacing your toothbrush and making sure to keep it extra clean during the healing time. Keeping dirty fingers, pencils, sunglasses, and other foreign objects away from your mouth. Avoid playing with the tongue ring, excessive talking and any oral contact. Swelling should be minimal and there should be little or no bleeding. If you have excessive swelling or bleeding then you need to seek the advice and help of a professional and/or medical doctor.

**Tip: What are Vibrating Tongue Rings?**

Vibrating tongue rings are a novelty item in the tongue ring family. They are made to wear only on occasion and not designed for every day use. These comfortable, battery

operated rings tend to bring a "stimulation" to tongue ring wearers. With the use of cutting edge technology and engineering, along with specially designed vibrating tongue ring batteries, these "instruments" can go at full power for 45-60 minutes (of course it depends on the level of "stress" placed on them during use). As far as the purpose of the vibrating tongue ring, we leave that entirely up to you.

Subcategory: Tongue Rings

**Tip: Healing Your Tongue Piercing**

In order to ensure a safe and quick healing process after your tongue piercing, you'll need to do an oral rinse three times a day, or after every meal. For three to six weeks, use a medical-grade oral rinse for at least 30 to 60 seconds. If you have trouble finding a medical-grade rinse, dilute 4 oz. oral antiseptic in 4 oz. water and rinse with that. Do not use a regular mouthwash, as this will do nothing to clean your tongue piercing. Also, be sure to brush your teeth with a soft bristle toothbrush three times a day. Gently scrub the ball and pin of your tongue jewelry to avoid plaque build-up on the jewelry.