Oral Piercing

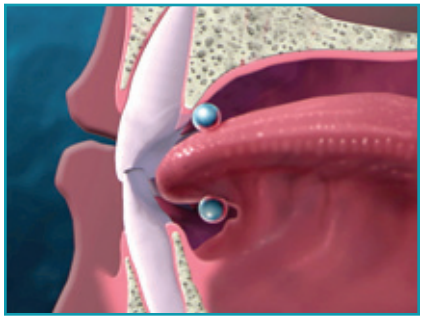
Some people who consider tongue or lip piercing may not be aware of all the risks involved. Though the procedure is fairly simple and is normally performed without anesthetic, the consequences can be severe.



An invasive surgical procedure



A pierced tongue



Jewelry can damage gums and teeth

Consequences of oral piercing

The consequences of oral piercing can include infection, excessive bleeding, injured gums and gum recession, chipped or abraded teeth, obstructed airway, and damage to the digestive tract.

For the most part, piercing studios are not regulated or licensed. Currently, anyone can puncture your lips and tongue anywhere using anything, even a needle that could be contaminated with AIDS or hepatitis.

If the needle goes through one of the tongue's many veins, significant bleeding can occur. In addition, gums and other soft mouth tissues are injured when the tongue jewelry constantly rubs against them. This can lead to gum recession, tooth sensitivity, abscesses, and other problems. Your teeth can be chipped or broken if you accidently bite on the ball while eating or talking.

If the inserted jewelry comes loose, you may also accidentally breathe in the jewelry and suffocate or damage your airway. Swallowing the jewelry can damage your digestive organs.

The experts agree

Because of these many potential problems, the American Dental Association, the National Institutes of Health, and the Hepatitis C Foundation are all firmly against oral piercing.

Here's our best advice. Don't pierce your tongue, lip, or any other area of the mouth. If you've already pierced any of these oral tissues, consider removing the jewelry and letting the area heal.

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