

# ORAL PIERCINGS: FASHION STATEMENT WITH HIDDEN DANGERS

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**Oral piercing** is defined as the cosmetic piercing of the oral cavity for the insertion of objects such as rings, studs or pins where both ends of the jewelry are confined to the oral cavity. (Frese 2018, p.3)

The trend of piercing can be traced back to ancient times, when it served as an identification of one's cultural and religious beliefs. Nowadays, piercing is very popular among adolescents and young adults as a demonstration of self-expression. The study shows that only a few of those who choose this cosmetic procedure are aware of hidden dangers of this fashion trend. The goal of this presentation is to introduce the risks and complications associated with oral piercings such as gingival recession, abfraction, lesions and thickening of frenum, gingival inflammation, periodontal/periapical abscesses, diastema.

**Tongue lesion and thickening of frenum.**



<https://www.mdpi.com/1660-4601/17/2/613/htm>

**Dorsolateral tongue piercing**



<https://www.dentalcare.com/en-us/professional-education/ce-courses/ce423/definition-of-oral-piercing>

**Smiley piercing**



<https://www.dentalcare.com/en-us/professional-education/ce-courses/ce423/definition-of-oral-piercing>

**Infection on the dorsal surface of the tongue.**



<https://www.dentalcare.com/en-us/professional-education/ce-courses/ce423/complications-of-oral-piercings>





Tongue



Multi Tongue



Venom



Tongue Web



Gum



Uvula



Vampire



Dental

# Oral Piercings

smiley  
BODYCANDY  
BODY JEWELRY®  
frowny

The most common locations of oral piercings are the tongue, upper and lower lips, philtrum, cheeks, uvula, and the lingual/labial frenum.

Oral piercings comes in a variety of materials and styles. Many are made of metallic materials such as titanium, stainless steel, gold, niobium, and/or alloy. Oral piercings commonly come with barbell, labret, and/or ring styled jewelry.

It is very important for all health professionals especially dental professionals and the general public to have the proper knowledge on oral piercing. That is why oral piercing education intervention needs to be addressed not only to increase awareness but to minimize and prevent the complications behind oral piercing.



The American Dental Association advises against the practices of cosmetic intraoral/perioral piercing and tongue splitting, and views these as invasive procedures with negative health sequelae that outweigh any potential benefit.



American Dental Association  
Adopted 1998 (Revised 2016)

<https://www.ada.org/en/member-center/oral-health-topics/oral-piercing>.

According to cross sectional study conducted in Italy complications associated with oral piercing include: gingival recession, chipped or damaged teeth, lesions and thickening of frenum, gingival inflammation, periodontal/periapical abscesses, diastema or misaligned teeth.

Out of 387 people examined 44% showed signs of localized gingivitis, 42.0% - generalized gingivitis, and only 14% had no gingival inflammation.

Gingival recessions that are 1-2 mm were found in 65%, 3-4 mm in 20% and 5-6 mm in 15%; 22% presented with teeth fractures due to playing with the piercing.

**The intraoral piercing produced a chronic abrasive effect on the gingival margin followed by gingival inflammation.**



[https://www.researchgate.net/figure/fig2/Fig-2-Lip-piercing-Note-the-tooth-gingival-recession-on-the-buccal-area-of-the-two\\_fig2\\_327244196](https://www.researchgate.net/figure/fig2/Fig-2-Lip-piercing-Note-the-tooth-gingival-recession-on-the-buccal-area-of-the-two_fig2_327244196)

**Tooth abrasion.**



<https://www.dentalcare.com/en-us/professional-education/ce-courses/ce423/complications-of-oral-piercings>

**Clinical gingival recession.**



<https://www.mdpi.com/1660-4601/17/2/613/htm>



## Tongue piercing

www.orthotropics.co.uk  /ORTHOTROPICS www.LSFO.co.uk

[https://www.terapiamiofunzionale.info/news/462598090428103\\_663792996975277](https://www.terapiamiofunzionale.info/news/462598090428103_663792996975277)

Piercings have previously been a contributing factor in the spread of infectious diseases, such as Epstein-Barr, hepatitis, or HIV. The complications can lead to bifid tongue, atypical trigeminal neuralgia, soft tongue tissue lesions and hypertrophic keloid lesions.

According to case studies attachment loss was discovered in association with tongue piercings.

Other problems mentioned were tearing of the tongue, eating problems and interference with speech



# Complications From Oral Piercings

- HIV
- Herpes Simplex Virus
- Hepatitis B
- Hepatitis C
- Endocarditis
- Ludwig Angina
- Temporary or Permanent Paralysis
- Allergic Reactions to materials and metals



<https://www.gorefreshdental.com/total-health-philosophy/oral-piercings-dangers-and-risks/>



# Infection Control & Certification of the Piercer

- Check for proper licensure and certification of the piercer.
- Discuss the risk factors of oral piercing.
- Make sure the instruments are sterilized and check the cleanliness of the procedure room.
- Discuss with operator the proper cleaning maintenance of the oral piercing to prevent infection.



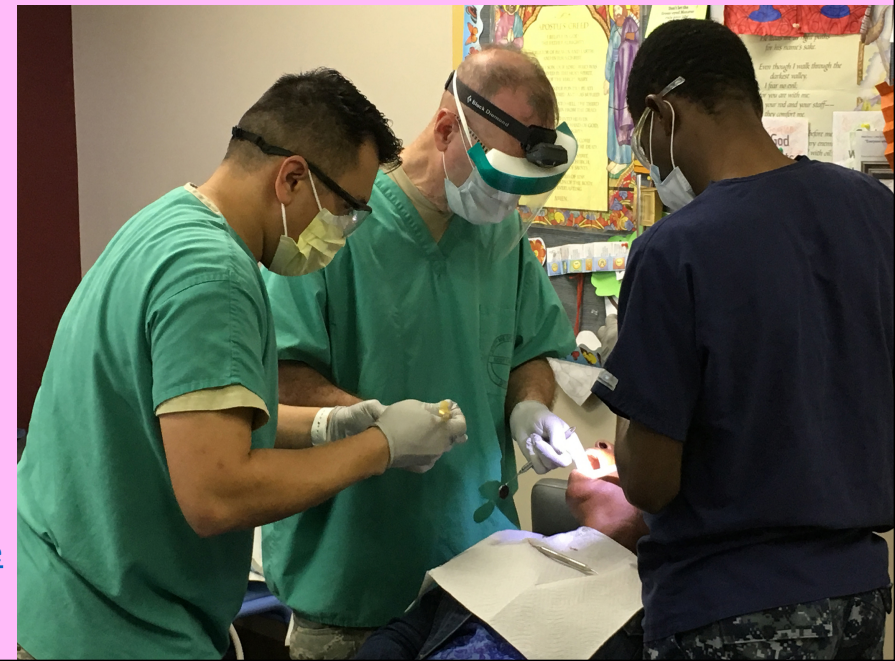
# Oral Piercing Educational Intervention

- Studies have shown intraoral piercing can cause many complications and side effects. The article analyzed dental students on the immediate and long-term effects of a training program about oral piercing. It also analyzed adolescents on the immediate effect of a single educational intervention session about oral piercing.
- The purpose behind this study was to evaluate the effectiveness of an educational intervention among dental students and among adolescents at schools.
- The dental students took part in a training program about oral piercing knowledge that was carried out in three phases during a two year timeframe. The adolescents were asked to complete a 10-question anonymous test before and after talks on the information presented from the dental students who completed all three phases.

<https://www.rdhmag.com/patient-care/radiology/article/16409136/the-perils-of-oral-piercing>



<https://www.nationalguard.mil/News/Article/1332184/military-dentists-in-high-demand-during-joint-service-health-care-initiative-in/>





# Oral Piercing Educational Intervention

- The researchers' observations on the program resulted in improvement of knowledge among dental students who completed all three phases. The dental students gave educational talks to adolescents and it was evident that the knowledge of oral piercing remained after 12 months. Knowledge about oral piercing significantly improved among the adolescents involved when comparing before and after results of the discussions.
- The dental profession is in a unique position to detect these dental complications early and to provide information about prevention and maintenance of oral piercing. It is necessary to implement significant and adequate training programs for dental students and educational programs for adolescents. These programs will increase awareness to prevent the complications involved with oral piercings.

<https://www.dental.upenn.edu/admissions-academics/>



<https://pierced.co/blogs/all/your-guide-to-snake-bite-piercings>

1 

### What To Avoid

Avoid playing with oral-piercing jewelry. Long term complications include teeth abrasion and damage to other oral structures.

Avoid mouthwash containing alcohol.


Avoid chewing gum, tobacco and other foreign objects that can harbor bacteria.

Avoid smoking! It increases risks and lengthens healing time.

### To Stay Healthy

Monitor your oral cavity for signs of infection and unusual changes, including swelling or pain. To reduce risk of infection brush your teeth twice a day using a soft-bristle toothbrush; floss daily or use another interdental cleaner; and use alcohol-free mouthwash for faster healing. If you suspect an infection, seek medical attention.



2 

### What To Do After

Make sure to go to a professional that follows infection control protocols, that will prevent the spread of any transmittable disease. Also, after getting an oral piercing, have it checked up by your hygienist. It is important, to maintain your piercing clean, and to be aware of the dangers, that it could cause you, so make sure to ask your hygienist for information.

Oral piercing education in schools can lead to great improvement in the training process of dental students and the knowledge of adolescents. Oral piercing education intervention can be beneficial for dental students because not only is this a learning experience but preparation for when we are the next dental hygienists in practice. Our role as a dental hygienist is to promote great oral hygiene persuading the general public in a positive way. As future health professionals we can use our education as a tool to stride for great oral health.

<https://www.dentalcare.com/en-us/professional-education/ce-courses/ce74>



<https://medicalxpress.com/news/2015-07-oral-piercings-dental-problems-dentist.html>



<https://boundless.utoronto.ca/initiatives/undergraduate-student-support/>



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