



甚麼是口腔穿刺？

穿刺是現今一種人體藝術和自我表達方式。口腔穿刺是包括任何在舌頭，嘴唇，或臉頰的穿刺。

口腔穿刺有甚麼健康風險？

因為口腔內持續濕潤並充滿細菌，所以口腔穿刺比耳朵穿刺更具健康風險。除了有受感染的嚴重風險，口腔穿刺還能導致：

- 牙齒碎裂，破裂或斷裂
- 疼痛和腫脹
- 傷害牙齦
- 增加唾液或流口水
- 傷害組織
- 失去味覺
- 造成咀嚼，吞嚥，或說話困難
- 意外吞嚥環等飾物造成窒息
- 神經損傷
- 過敏反應

此外，使用沒有經過徹底消毒（清洗）的穿孔設備可增加感染艾滋病和肝炎等疾病的風險。

若您選擇接受穿刺

若您選擇接受口腔穿刺，請確保：

- 選擇一位持牌並且已通過培訓的穿刺師。確保穿刺師用高壓滅菌器（autoclave，該儀器採用高溫殺死病菌）將所有用具進行消毒殺菌。
- 選擇質量好，可摘除的首飾。
- 穿刺後的兩個月內避免吸煙和食用辛辣，堅硬或黏膩食物。

穿刺後，請確保：

- 每餐之後用含殺菌劑的漱口水清潔與消毒穿孔。
- 像刷牙般刷除首飾上的斑菌。
- 吃飯，睡覺，或運動前把首飾摘下。
- 一出現發紅，發熱，有綠色或黃色分泌物，麻木，刺痛，腫脹或疼痛等症狀則立即就診。

決定接受口腔穿刺前，諮詢您的牙科醫生以獲取更多關於穿刺的資訊。

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
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WHAT ARE ORAL PIERCINGS?

Piercings is one of today's forms of body art and self-expression. Oral piercings are any piercings of the tongue, lips, or cheeks.

WHAT ARE THE HEALTH RISKS OF ORAL PIERCINGS?

Because the mouth is moist and full of bacteria, oral piercings have greater health risks than piercing your ears. Besides the serious risk of infection, oral piercings can also cause:

- Chipped, cracked or fractured teeth
- Pain and swelling
- Injuries to the gums
- Increases saliva or drooling
- Scar tissue
- Loss of taste
- Difficulty chewing, swallowing, or speaking
- Accidental choking or swallowing
- Injury of nerves
- Allergic reactions

In addition, piercing equipment that is not properly sterilized (cleaned) can increase the risk for HIV/AIDS and hepatitis infection.

IF YOU CHOOSE TO GET A PIERCING

If you decide to get an oral piercing, make sure to:

- Choose a piercer who is licensed and trained. Make sure the piercer sterilizes everything in an autoclave, which used high heat to kill germs.
- Choose good quality, removable jewelry.
- Avoid smoking and food that is spicy, hard, or sticky for up to two months after being pierced.

After you are pierced, make sure to:

- Clean your piercing with an antiseptic mouthwash after every meal.
- Brush the jewelry the same as you would brush your teeth to remove plaque.
- Consider removing the piercing before eating, sleeping, or exercise.
- See a doctor at the first sign of a problem, such as redness, fever, green or yellow discharge, numbness, tingling, swelling, or pain.

Before deciding on an oral piercing, talk to your dentist or doctor for more information.

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