

# Smile Talk with Kimmy....



Why shouldn't I pierce my tongue?

Teenagers like this fad, but it's easy to overlook the health hazards that tongue piercing can cause.

1. **Chipped Teeth** - Many people who have tongue barbells end up with chips, cracks and fractures on their teeth. These damaged teeth may require crowns or fillings.
2. **Gum Surgery** - Tongue barbells rubbing against the gums can cause damage requiring treatment from a specialist.
3. **Swallowing the Barbell** - The piercing is subjected to constant stress in the mouth and if unscrewed, could be swallowed or become stuck in the lungs.
4. **Infection and Death** - Major blood vessels connect the tongue with the brain. Damaging these blood vessels can cause infection, which can spread to vital organs of the body and in severe cases can be deadly.
5. **Blood Loss and Nerve Damage** - Those same blood vessels may require surgery if one of them perforates. Damage to any nerve of the tongue could make the tongue functionless or cause long lasting nerve pain.
6. **Hepatitis and HIV** - Instruments that are not sterilized properly can transmit HIV infection. Piercing procedures should only be done at reputable clinics or avoided all together.

Skip the mouth jewelry and let your healthy smile make a statement!

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*The Smile Experts*

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