



## Piercings Can Affect Your Teeth?

You go through many different stages throughout your life. Piercings may be one of them. When you see a friend of yours or a celebrity has their lip pierced, you want one too. Believe it or not, getting your lip, tongue or any part of your mouth pierced can affect your teeth. If your piercing is not done correctly it could cause bleeding, infection and possible nerve damage.

Some of the potential problems that can occur:

- **Gum erosion:** This is caused when your jewelry rubs against the gums.
- **Gum recession:** Your gums may shrink or recede from the spot your jewelry comes in contact with them.
- **Tooth scrambling:** Without healthy gums, the jawbone itself can be exposed to infection and erosion. When this happens the teeth loosen and change position.
- **Sensitive teeth:** This is another by-product of gum recession. As the gums recede, the nerves of the teeth become exposed and sensitive.
- **Tooth loss:** This is the final outcome of gum loss and decay.

So before you go to get a piercing, think twice! Maintaining oral health can keep you healthier in many other ways!

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