



Think twice before getting a piercing.

When you see a friend or a celebrity who has their lip pierced, you may decide to get one, too. If not done correctly, your piercing could cause bleeding, infection, and possible nerve damage. And, believe it or not, getting your lip, tongue or any part of your mouth pierced can affect your teeth and gums. Some problems that can occur are:

- **Gum erosion:** This is caused when your jewelry rubs against the gums.
- **Gum recession:** Your gums may shrink away from the spot your jewelry comes in contact with.
- **Tooth loss:** Receding gums can lead to bone loss in your jaw, wiggly teeth, and even teeth falling out.*
- **Crooked teeth:** Piercings can move and push against teeth. In time, this pressure can change the position of your teeth and make them crooked.
- **Sensitive teeth:** If your gums start to recede, the roots of the teeth become exposed and sensitive.
- **Chipped or worn away teeth:** Teeth can be damaged from being in constant contact with piercing jewelry, especially metal items.

Visit [UnitedConcordia.com](https://www.UnitedConcordia.com) for more dental health tips.

*my.clevelandclinic.org; Gum Recession; April 2022.

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