



Aftercare Handout Sample

Hi Lovely Humans,

I always want you to feel confident & cared for— even *after* you've left the shop! So I send every client home with one of my *custom designed* **aftercare cards** & for clients that filled out a *digital consent form*, they will also receive a **follow-up email** packed with extra information & tips.

The email contains the **same information** as my *original infographic* on the *next page* & I've attached a *sample version* of the **physical handout** below so you can *sneak a peek before* your gem service.

But let's be real: paper & pixels are cute, **I'm better**. If you're ever unsure, **don't guess** (& *definitely don't trust your cousin's roommate's internet wisdom*). Just **reach out to me directly**— I'm always here to **help with any questions**, big or small. Your sparkle & comfort matter most!

Shine on,

Aly Cat

Professional Body Piercer & Tooth Gem Technician

RocArt Tattoo & Piercing



The Basics

To allow the bond to *fully cure*, **no food or drinks for the next 2 hours!** You should **skip** any snacks that are very **sticky or crunchy** (chewing gum, hard candy, gummy worms, protein bars, hard pretzels, popcorn, etc) for **48 hours**, so try to stick to softer foods for the first few days. You can *gently* use a **manual toothbrush after 12 hours**, but wait **two full days** before using an electric one. **Hot tip:** your tongue **will want to play** with your new sparkle— **don't let it!**

Extra Info

Tooth gems are **semi-permanent**, & will **eventually fall off naturally**. On average, they last a few weeks or months but could last years! **Gold charms** are typically **more durable** & can stay longer. **Personal factors** such as placement, oral care, diet, etc **can affect the longevity**. If yours falls off *within 72 hours*, we may be able to **reapply it for free**. **Removal is dentist-only, NEVER DIY**. If you *swallow a gem*, **don't stress out**— they're non-toxic & usually pass **without issue!**

DO THIS			NOT THAT		
Always Brush Gently Near it	Get Dental Checkups	Always Floss Carefully	Eat Sticky or Chewy Snacks	Bite Directly on the Gem	Eat or Drink Acidic Things
Drink Plenty of Water	Ask Aly Cat for Advice	Show it Off— Smile Big!	Whitening Product Use	Remove it Yourself	Use Teeth like Tools

Have More Questions?

Ask Aly Cat!

(937)702-9191
AlyCatPiercings.com
Contact.Me.ACP@gmail.com



ALY CAT'S TOOTH GEM

Aftercare Tips & Tricks



Bonding Time

Let it settle in— **no food or drinks for the first two hours** while the bond fully cures. Baby, the bond by **skipping** super-hot drinks, sticky candies, hard bites, & chewing **directly** on the gem, **for at least the next 24 hours**. Choose an **alcohol-free** mouthwash if you rinse, as **alcohol can be drying**. You can brush **gently** with a **manual** brush **after a few hours**, but **don't scrub the area for two days** to allow the bond to strengthen. And yes, your tongue will **absolutely** want to poke at it... **try to resist**.



Handle with Care

Try to think **cautious & delicate** when near the gem. Brush your teeth using **soft-bristles & gentle circles**. **Floss carefully** by sliding & **not snapping** near the edges. Using electric brushes or water flossers is **fine** when aimed **around** (not straight at) the gem. **Avoid metal straws** that can bump the gem, & **wear your night guard** if you **grind your teeth**. **Hot tip:** don't use your teeth as tools to open or pick at things— your sparkle is tough, but **not unbreakable**.

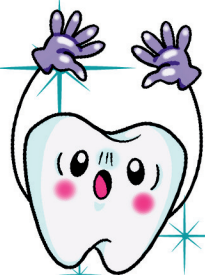
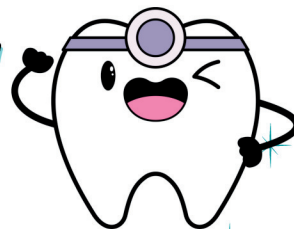


Snacking Secrets

Adhesives don't love acid, sugar, extreme heat, or lots of **sticking & tugging**. Citrus, soda, energy drinks, & vinegary sips **bathe the area in acid** that **can weaken the bond over time**. Sticky treats like **caramels, taffy, & super-chewy gummies** **pull** at the edges & **can pry your gem loose**. Ultra-**crunchy bites** (ice, hard candies, unpopped kernels, & tough nuts) **can knock gems off instantly**. If you indulge, **rinse with water after** & chew away from the gem side.

Staying Sparkly

Your gem **doesn't** get you out of **regular dental care**— in fact, **it makes it more important**. **Brush twice daily, floss once daily, & keep up with your regular checkups** (dentists are **totally fine** with tooth gems). **Whitening products**, however, are a different story: **peroxide-based strips, gels, & in-office bleaching** **weaken adhesive and often shorten gem life**. If whitening is your goal, do it **before your gem placement** or **understand** that whitening **after** can mean a **speedy exit**.



Bye-Bye Bling

Gold charms may stay the longest, but **all gems will fall off naturally over time**. Performing a **DIY removal risks serious damage** to your enamel, so if you want your gem **removed**, a **dentist is the only safe choice**— they'll **take it off & keep your tooth safe**. If a gem pops off on its own & you **swallow it, don't panic!** It's **small, non-toxic, & will pass harmlessly; you just won't get it back**. If **leftover adhesive feels rough**— that's normal, just ask your dentist to **buff it out**.

This is just my professional advice to help your gem last longer. NOT a strict set of rules. You can follow as much or as little as you want. Just do whatever feels right for **you**, because **no matter what— your gem is totally safe!**



A Sparkly Deep Dive by Aly Cat Piercings