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Literature Abstract

The Incidence of Complications Associated with Lip and/or Tongue Piercings: A Systematic Review

Piercing of the oral structures (lips, tongue, cheeks, uvula) can be associated with complications like abnormal tooth wear, chipping, cracking, and gingival recession. This review systematically assessed the literature to investigate the risk associated with oral/perioral piercings. Reviewers screened literature for information relating to the incidence of gingival recession/tooth injuries determined by a dental care professional in lip and tongue piercings. Fifteen papers were selected and assessed. Results showed a significant relative risk ratio for gingival recession associated with lip piercing at 4.14 times that of the control group, and with tongue piercings at 2.77 times. Relative risk ratio for tooth injuries (chipped/cracked/broken teeth, tooth wear, fractures) associated with tongue piercings was 2.44 times that of the control group, and with lip piercings 1.33 times. Although this review had its limitations, it can be concluded that lip and tongue piercings are highly associated with the risk of gingival recession, especially in the regions that are in direct contact with the stud closure. Tongue piercings are significantly related to the risk of tooth injuries. Practically, dental professionals may use this information for patient education and to detect complications in patients with such oral piercings.

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References: 47. **Reprints:** Nienke L. Hennequin-Hoenderdos, Department of Periodontology Academic Centre for Dentistry Amsterdam (ACTA), University of Amsterdam and VU University Amsterdam, Gustav Mahlerlaan 3004, 1081 LA Amsterdam, The Netherlands.

Email: n.hennequin@acta.nl—Debbie P.M Hong, Singapore

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