

AFTERCARE INSTRUCTIONS

CLEANING INSTRUCTIONS FOR YOUR BODY PIERCINGS

1 . WASH your hands thoroughly prior to cleaning or touching on or near your piercing for any reason.

2 . Soap (liquid anti-microbial or germicidal soap) While showering; lather up a pearl size drop of soap to clean the jewelry and piercing. Leave the soap on for no longer than 30 seconds, rinse thoroughly to remove any trace of the soap from the piercing.

3 . SEA SALT is recommended during the healing phase of your piercing. It is better to buy a pre-mixed spray. If you mix your own, it is recommended that you completely dissolve 1/8-1/4 tsp of sea salt in 8 oz of hot water. Be sure to rinse away any residue completely.

4 . Dry with disposable paper products such as gauze or tissue, because cloth towels can harbor bacteria and catch on new piercing and cause injury. Pat gently to avoid trauma.

WHAT TO DO?

Wash your hands prior to touching the piercing; leave it alone except when cleaning. It is not necessary to rotate the jewelry while healing except for during cleaning. Showering is safer than taking a bath, because bathtubs tend to harbor bacteria. If you would like to take a bath, clean the tub before each use.

WHAT IS NORMAL?

Initially: some bleeding localized swelling, tenderness and/or bruising. During healing: some discoloration, itching, and secretion of whitish-yellow (not pus) will form some crust on the jewelry as it heals. **BE PATIENT!**

WHAT TO AVOID!

Avoid undue trauma such as friction from clothing, excessive motion of the area, playing with the jewelry and vigorous cleaning. These activities can cause the formation of unsightly and uncomfortable scar tissue, migration; prolong healing time and other complications. Avoid over cleaning. This can delay your healing and irritate your piercing. Avoid all oral, rough play and contact with others bodily fluids on or near your piercing during the healing phase. Avoid submerging the piercing in bodies of water such as lakes, pools, ocean, etc. Or protect your piercing using a special waterproof bandages such as Tegadrem, which is available at drugstores. Avoid all beauty and personal care products on or near your piercing (lotions, sprays, etc.). Don't hang charms or any object from your jewelry until fully healed.

Avoid the use of Alcohol, Hydrogen Peroxide, Betadine, Hibiclens, and Ointments.

HINTS AND TIPS

JEWELRY: Leave in at all times. Even old, well-healed piercings can shrink or close in minutes after having been there for years! With clean hands or paper product, be sure to regularly check threaded ends on your jewelry.

NAVEL PIERCING: A hard-vented eye patch (sold at pharmacies) can be applied under tight clothing (such as nylon stockings) or secured using a length of ace bandage around the body (to avoid irritation from adhesives). This can protect the area from restrictive clothing, excess irritation, and impact during physical activities such as contact sports.

EAR/EAR CARTILAGE AND

FACIAL: Use the "t-shirt trick": dress your

pillow in a large clean t-shirt can provide for a clean surface for sleeping. Use caution when styling your hair and advise your stylist of a new or healing piercing.

NIPPLES: The support of a tight cotton shirt or a sports bra may provide protection and feel comfortable, especially during sleep.

GENITALS: In most cases, you can engage in sexual activities as soon as you feel ready. Comfort and hygiene are vital. During healing sexual activities must be gentle. To increase comfort and decrease trauma use sea salt to remove crusty matter from jewelry. Use a barrier such as condoms, dental dams and Tegadrem to avoid contact with partner's bodily fluids, even in long-term relationships. Use clean, disposable barriers on sex-toys. Wash hands before touching on or near the piercing. Use a new container of water based lubricant. Do not use your own saliva as a lubricant. After sex, an additional sea salt cleaning is recommended.

ORAL PIERCING: Rinse mouth 4-5 times daily with sea salt solution for 30-60 seconds after each meal and at bedtime during the healing period. If you over clean, it may cause discoloration or irritation to the tongue and mouth. Exterior cleaning for labrets, lips and cheeks is the same as navel.

TO HELP REDUCE SWELLING:

Allow a small piece of crushed ice to dissolve in the mouth (don't suck on ice it can cause additional swelling and/or irritation) Take an OTC, non-steroidal anti-inflammatory such as Ibuprofen or Naproxyn Sodium according to package instructions. Sleep with your head slightly elevated for the first few nights.

Each body is unique and healing times vary considerably. If you have any questions, please contact your piercer.

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_____ Piercer

_____ Jewelry

Disclaimer: these guidelines are based on APP (Association of Professional Piercers) brochure. This is not to be considered a substitute for medical advice from a doctor. If you suspect an infection, seek medical attention immediately. Keep in mind that the removal of the jewelry can lead to further complications.



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