

# BODY PIERCING

— COMPANY —

## Aftercare Guidelines

### BODY PIERCING

On the day of your piercing do not touch your piercing for the rest of the day. In general, the most important thing to remember is to touch, move, rotate or manipulate your new piercing **as little as possible** and to keep your hands clean at all times.

The only product you should be using to care for your new piercing is a sterile saline solution.

Twice daily, apply a small amount of soap to your hands and lather, wash your hands for a minimum of 30 seconds and then rinse off all soap. Do not dry your hands at this time. Spray the saline directly onto the area of your piercing and allow to dry for a few moments before rinsing with warm water either in the shower or at the sink.

Only if necessary to remove visible dirt or dried blood should you gently massage the area with your fingers.

Let the area air dry, or pat with a paper towel.

Remember - over cleaning your piercing can cause more harm than good. Minimal care is best.

Treat your new piercing like you would a cut or graze. Your piercing will scab a little around the edges and accumulate some discharge (typically a yellow / white colour which may crust) this is a sign you are healing healthily. Picking this away will cause irritation, making healing longer and leave a more pronounced scar.

It is not necessary to rotate or move the jewellery back and forth. If the jewellery does move freely while cleaning, that is fine. Make sure not to force it to move.

For the first 7-10 days after receiving your piercing, avoid swimming, long baths or hot tubs.

For Dermal Piercings, this aftercare also applies, but it is necessary to maintain this aftercare for the duration of the time your dermal is in place.

### ORAL PIERCING

For Lip piercings, where the labret is on the outside of the face, use the above method for the exposed piercing, and then the following advice applies to inside the mouth:

For Lip, tongue and cheek piercings the only cleaning product that should be used on this area is an alcohol free mouth wash.

Dilute mouth rinse in a bottle of clean drinking water (2 parts water to 1 part mouth rinse). For the first 7 days after receiving your piercing, swish some of the diluted mouth rinse around the piercing every time after you eat or drink (other than water).

Cigarettes and alcohol contain chemicals and irritants which will increase the amount of swelling in your piercing. Avoid consuming alcohol and cigarettes for at least 7-10 days to minimise swelling and decrease healing time.

It is very important to maintain the appropriate size of your oral piercing. Since these areas have increased amounts of swelling, the initial piercing jewellery is long enough to accommodate for the inflammation. Two weeks after receiving your piercing, we highly recommend a follow-up visit so we may downsize the length or diameter of the jewellery.

A helpful tip for soothing and reducing oral swelling is to swish the piercing area with ice cold water for the first few days, or suck on ice cubes.

### EXTRA INFO

Jewellery should be left in your piercing for approximately 2 months before changing it (other than downsizing oral piercings). For any piercing done with a "stud" (ie: barbell or labret style jewellery), the ends can be changed while leaving the post in the piercing. This is safe to do within the first 2 months.

If you are stretching your piercings, it is recommended you wait 4-6 weeks between each stretch ensuring your body enough time to repair itself and adjust to the size of the new jewellery

All healing times are general time frames. Everybody heals at a different rate. Take this into consideration before switching jewellery or stretching piercings. If the piercing itself is tender to the touch or the surrounding skin is pink or dry, give your body a bit more time to heal.

