

**Congratulations!** You've just received a body piercing by a skilled and knowledgeable professional who cleaned and disinfected the area, used sterile instruments, jewelry, and single use needle.

**NOW IT'S UP TO YOU TO TAKE PROPER CARE OF YOUR PIERCING DURING THE CRUCIAL HEALING PERIOD. HOW YOUR PIERCING HEALS IS UP TO YOU.**

Your \_\_\_\_\_ piercing is expected to take \_\_\_\_\_ or longer to heal.

Piercer: \_\_\_\_\_

Jewelry: \_\_\_\_\_

Earliest change/downsize date: \_\_\_\_\_

**WHAT IS NORMAL?**

Initially, some bleeding, localized swelling, tenderness and bruising.

- During healing: some discoloration, itching, secretion of yellowish-white fluid (not pus) that will form crust on jewelry. The tissue may tighten around the jewelry as it heals.
- Once healed: the jewelry may not move freely in the piercing; DO NOT force it. If you fail to include cleaning your piercing as part of your normal daily hygienic routine, normal but smelly bodily secretions may accumulate.
- A piercing may seem healed before healing is complete. This is because piercings heal from the outside in, and although it feels healed, the tissue remains fragile on the inside. BE PATIENT, and keep cleaning through out the entire healing period.

**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 possibly during cleaning.
- Make sure that your jewelry and skin is free from any discharge before you attempt to move the jewelry. Irritation may occur may occur when crusty matter is accidentally forced into the piercing.
- Stay healthy! Eat a nutritious diet. The healthier you r lifestyle, the easier it will be for your new piercing to heal. Exercising during the healing process is fine, just "listen" to your body. If swelling or pain occurs, stop.
- Make sure your bedding is clean and changed regularly. Wear clean, comfortable, breathable clothing that protects your piercing while you're sleeping.
- Showering is safer than taking a bath, because the water in the tub harbors bacteria. If you absolutely have to take a bath, clean the tub each time prior to use.
- A stronger mixture is NOT better Saline solution that is too strong can irritate the piercing

**CLEANING INSTRUCTIONS:**

1. **WASH** your hands thoroughly prior to cleaning or touching your piercing
2. **SALINE** soak at least 2 to 3 times daily. Simply invert a cup of warm saline solutions over the area to form a vacuum for a few minutes. The longer you soak, the better. For certain placements it may be easier to apply using fresh gauze or a cotton ball saturated in saline solution. A brief rinse will remove any residue.

- a. Dissolve 1/8 – ¼ teaspoon of **non-iodized (iodine free) sea salt** into one cup (8 oz.) of **warm distilled or bottled water**.

3. **SOAP** no more than twice a day. While showering, lather up a pearl sized drop of the soap to clean the jewelry and the piercing. Leave the cleanser on the piercing no more than 30 seconds, then rinse thoroughly to remove all traces of the soap from the piercing.
4. **DRY** with disposable paper products such as gauze or tissues, because cloth towels can harbor bacteria and can snag on new piercings, causing injury. Pat gently to avoid trauma.

**WHAT TO AVOID:**

- Avoid unneeded 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, prolonged healing, and other complications.
- Avoid the use of alcohol, hydrogen peroxide, Betadine or ointment.
- Avoid over cleaning. This can delay healing and irritate your piercing.
- Avoid all oral contact, rough play, and contact with others' bodily fluids on or near your piercing during healing.
- Avoid stress and recreational drug use including excessive caffeine, nicotine, and alcohol.
- Avoid submerging piercing in bodies of water such as lakes, pools, Jacuzzis, etc. or protect your piercing using a special water-proof bandage such as Tegaderm, which is available at all drug stores.
- Avoid ALL beauty and personal care products on or around the piercing, such as cosmetics, lotions and sprays.
- Avoid hanging charms or any other object from your jewelry until piercing is fully healed.

**HINTS & TIPS:**

- Unless there is a problem with the size, style, or material of the initial jewelry, leave it in place for the ENTIRE healing period. A qualified piercer should perform any necessary jewelry change that must occur during healing.
- Contact your piercer if your jewelry must be temporarily removed (such as medical procedure) there are non-metallic jewelry alternatives.
- Leave jewelry in at all times, even old, well healed piercings can shrink and close in minutes after having been there for years! If removed reinsertion can be difficult or impossible.
- With clean hands, or paper products, be sure to regularly check the threaded ends on your jewelry for tightness (righty-tighty, lefty-loosey)
- Carry a clean spare ball in case of loss
- Should you decide you no longer want the piercing, seek professional help in the removal of the jewelry and continue cleaning the piercing until the hole closes. In most cases, a small indentation will remain.

**FOR ANY OTHER QUESTIONS OR CONCERNS, CONTACT YOUR PIERCER. ENJOY!**

**610-269-0760 \*\*No Tuesdays or Wednesdays\*\***