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PIERCING AFTERCARE SHEET

APPROXIMATE HEALING TIMES

CARTILAGE: 1 YEAR OR MORE
EARLOBE: 6 - 8 WEEKS
EYEBROW: 6 - 8 WEEKS
SEPTUM: 6 - 8 WEEKS OR MORE
TONGUE: 4 - 6 WEEKS OR MORE

NAVEL: 6 MONTHS TO 1 YEAR OR MORE
NIPPLE: 2 - 6 MONTHS
NOSTRIL: 3 MONTHS TO 1 YEAR
LIP/MONROE: 6 - 8 WEEKS
GENITALS: 4 WEEKS TO 6 MONTHS OR MORE

**PLEASE KEEP IN MIND THAT THESE APPROXIMATE HEALING TIMES ARE ONLY APPROXIMATES. THE UNIQUE HEALING POWER OF EACH BODY AND WHETHER OR NOT YOU FOLLOW YOUR AFTERCARE, CAN SHORTEN OR LENGTHEN ANY HEALING PROCESS.*

REMEMBER: DO NOT CHANGE OUT OR REMOVE YOUR JEWELLERY UNTIL YOUR PIERCING IS HEALED. IF YOU HAVE QUESTIONS, CHECK WITH YOUR PIERCER. IF YOU THINK YOU HAVE AN INFECTION, SEE A DOCTOR.

General Piercings - Ear, Nostril, Body, Navel etc.

Sea Salt Soaks (Saline Soak)

Are to be done twice a day during the first few weeks, tapering down once wound discharge stops

- Fill a fresh disposable 8oz/250ml cup with warm water and add 1/4 teaspoon of non-iodized sea salt, (food grade or organic) stirring until the salt is completely dissolved.
- Place the cup over the piercing area to form a seal (ie. navel), or dip the piercing entirely into the cup (ie. Earlobe/Nostril).
- Soak your piercing for a minimum of 3 - 5 minutes, morning and evening and preferably after a shower.
- Saline Sprays are not recommended over a sea salt soak. If you have a spray, it can be best reutilized to fill a cup instead - to do a soak. A soak is always the best way to dissolve crusted lymph fluids.

Clear Glycerin Soap

The best way to care for your new piercing is to ensure that you keep unwanted harmful bacteria away. Above all else, keep unclean hands and germs away from your new piercing and wound. The easiest way to clean your piercing is during a warm shower. The warm water and steam in the shower help to soften your skin and loosen the crust at the base of your jewellery, making the crust easier to remove.

While in the shower:

- Wash your hands thoroughly with clear glycerin soap then lather to wash around your piercing. Be careful to rinse thoroughly. Remaining soap will irritate the wound.
- DO NOT use antibacterial soap, or any soap containing color, fragrance, or animal products on your piercing.
- Gently remove the crust from your jewellery with a cotton swab, paper towel or gauze pad if you can't get it off using your fingers.
- DO NOT force crusting off, or pick at your piercing. Do not over clean.

Do NOT turn or spin your jewellery for any reason. Spinning and friction cause micro tears as well as scar tissue and hypertrophic scar tissue, (otherwise known as a Keloid).

Minimize trauma, infections and keloids by:

Being aware of clothing pulls, Friction from repetitive movement, and Bacteria transfers from unwashed hands.

ORAL Piercings - Tongue, Lips, Monroe etc.

Rinses

- The best way to care for your oral piercing is to rinse your mouth for 30 - 60 seconds with a capful of an alcohol-free antiseptic rinse or medical grade oral rinse after brushing your teeth (see below).
- Avoid mouthwashes containing alcohol as they produce burning sensations which can irritate your new piercing and hinder the healing process.
- Oral B Anti-Bacterial Rinse (or other Alcohol-Free Antiseptic Mouthwash) are recommended.
- Be careful not to over clean your new piercing, as this will also slow the healing process.

Sea Salt Rinse

For the first 3 to- 6 weeks, you should do a sea salt rinse after eating, after smoking, or after drinking anything but bottled water.

- Fill a fresh disposable 8oz/250ml cup with warm water and add 1/4 teaspoon of non-iodized (food grade or organic) sea salt, stirring until the salt is completely dissolved.
- Rinse your mouth for about 15 seconds with the sea salt solution.

The salt rinses will soothe your new piercing and also help calm the itching part of the healing phase .

Ice

Ice and cold liquids can help reduce swelling in oral piercings.

Popsicles are also good ways to reduce swelling but be sure to do a sea salt rinse after.

Remember: Do a sea salt rinse after you eat or drink anything other than plain bottled water.

Brushing Your Teeth

- It is important to brush your teeth three times daily to remove bacteria and plaque while your piercing is healing.
- Brush the post/ends to remove plaque.
- DO NOT use toothpaste which contain whiteners.

ADDITIONAL IMPORTANT “Do’s & Don’ts” FOR ALL PIERCINGS

Ibuprofen - An over the counter anti-inflammatory such as ibuprofen can help reduce pain and swelling in any new piercing.

★ **NEVER touch your piercing without first washing your hands, and wash them ‘like’ a doctor.**

Do not use petroleum-based ointments, hydrogen peroxide, or rubbing alcohol on your healing piercing. These are irritating substances which will irritate a healing piercing and will slow the healing process significantly. Using peroxide, alcohol or other disinfectants are meant for infections and not during healing.

Check body jewellery to make sure the screw-on ball ends remain tightened. You should make it a habit to do this each time you clean your piercing and before you go to bed at night – with clean hands. Remember: tighten all threaded accessories by turning them to the right.

Do not tighten “post and clasp” butterfly backing jewellery (eg. 14k earrings) past the lock notch during the healing period. During healing, the area can swell, and tight positioned backings may become embedded.

During the entire healing period, you should not change out your jewellery or remove it for any length of time. The jewellery acts as a drain for the wound created by the piercing needle. Removing your jewellery prematurely can cause an irritated piercing to close up, trapping draining fluid and leading to complications requiring a medical professional.

Do not over-clean your piercing. Cleaning more than twice a day (unless absolutely necessary) can irritate your piercing and prolong the healing process. If your piercing appears clean but is noticeably tender, taper your cleaning regimen down to once a day and eventually to an ‘as needed’ basis. As you progress through the healing process, you will develop a successful and permanent cleaning routine.

Do not engage in rough activity that may threaten your piercing. Intense friction or pulling on a fresh piercing is a common way to trigger scar tissue production and migration (a process where the body attempts to “push” the jewellery out of the piercing location).

Do not expose your fresh piercing to another person’s body fluids. Use protective barriers such as condoms, even if you are in a monogamous relationship. For oral piercings (please remember) you have a wound in your mouth. Treat it gently and don’t exchange any bodily fluids!

Avoid community swimming pools, hot tubs as well as rivers and lakes until your new piercing has healed. The water sources can be filled with harmful bacteria/parasites that can induce an infection and harm you/your piercing.

Do not use tobacco products or chewing gum while oral piercings are healing.

PLEASE FOLLOW ONLY THESE INSTRUCTIONS AND NOT THE ADVICE OF YOUR FRIENDS.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL/VISIT THE STUDIO. IF YOU HAVE ANY HEALING ISSUES, SUCH AS EXCESSIVE SWELLING, SORENESS, REDNESS OR PUSS, PLEASE SEE YOUR PHYSICIAN FOR MEDICAL ATTENTION WITHIN 24 HOURS.