

CONGRATULATIONS ON YOUR NEW PIERCING!



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To ensure that your piercing heals correctly please follow all of the directions listed below! You are welcome to come by, call us or live chat on the website if you have any questions or concerns!

AFTERCARE INSTRUCTIONS

Always wash your hands before touching your piercing. Dirty hands are the number one reason for infection. Every piercing has a different healing time which will be discussed with you at the time of the piercing.



DO NOT OVER CLEAN!

Listen to your body! If it hurts, don't do it!

DO NOT USE any type of Anti-bacterial Products, Alcohol, Peroxide, Bactine, Ointments, Claire's Piercing Solution or homemade Sea Salt and Water on your healing piercing!

Pre-made sterile saline solution should be the **ONLY** thing you use to clean your piercing for the fully recommended time. This can be purchased at our shop or any drugstore in the first aid section. The sterile saline solution spray should be used to wash away any crust forming. No other cleaning is needed. You may also soak a Q-tip or cotton ball in the solution to gently wipe away the crust. Only do this twice a day! Over cleaning diminishes good bacteria needed to help you heal and will only prolong the healing time.

DO NOT touch, twist or remove your piercing.

Moving while cleaning is ok but make sure you have clean hands before handling the piercing. Bleeding, scabbing and bruising/ discoloration may occur when getting a new piercing. These are NOT indications of any complication. For ear and facial piercings, try sleeping with your head above your heart to avoid swelling. Do not sleep on your piercings as this can cause migration and irritate the piercing. Taking an anti-inflammatory such as Ibuprofen, Naproxen or Aspirin will also help with swelling and discomfort. Most people will experience a pus or secretion that drains from their piercing sometimes forming into a crust around it. This is not pus, this is plasma. Skin cells and lymph secretions(plasma) are indications a healing piercing. Since piercings can take some time to heal, it is important to be patient even if appears to be fully healed.

PLEASE BE PATIENT!

If you change your jewelry too soon you risk unnecessary trauma or infection, prolonged healing time or losing your piercing completely. Once fully healed it is still important to leave jewelry in at all times. Shrinking or even closing can happen to old piercings if removed. Avoid getting makeup, oils, lotions or any other skin products in or near your piercings. It is best to shower instead of sitting in a bathtub. It is not recommended to get into any sitting water including bathtubs, hot tubs, pools (including saltwater pools), rivers, lakes and ocean. It is very easy to get an infected piercing this way, even if you 'just jump in and out'. Do not use band aids on your healing piercings unless otherwise instructed by your piercer. It needs to be able to breath and the adhesive can be irritating to the skin surrounding the piercing. Avoid rough contact, oral contact and bodily fluids on your healing piercing. Your own sweat and body fluids are fine provided you clean as directed.

Cleaning for Oral Piercings

Rinse mouth with non-alcoholic mouthwash anytime you eat, drink, smoke or kiss (anything besides water). Also swish with a sterile saline solution twice a day and get a new toothbrush. Crushed ice (Sonic/Zaxbys/Cookout have the best ice!) is a great way to keep your swelling and pain down. Taking an anti-inflammatory like Ibuprofen/Advil/Motrin will also help reduce swelling. Avoiding spicy or salty foods will be beneficial to your new piercing. Especially the first few days after piercing. Stay hydrated! Drink lots of water! It is very important that after your swelling goes down that you come back in and downsize your jewelry to a shorter length. This is highly suggested to lessen the risk of damage to your teeth.

Cleaning for Genital Piercings

Aftercare for genital piercings is the same as for most other piercings. These piercings are among the easiest and quickest to heal, so care is often minimal. Sexual activity is not prohibited during the entire healing period, but a short break can help you heal faster. If you do have sex during this time (this includes masturbation), pay attention to any discomfort, practice fluid-safe sex, and be sure to clean your piercing immediately afterward. Use barriers to protect your new piercings during any sexual activity, even with monogamous partners. This means condoms over penis piercings and similar protection (dental dams, etc.) over vulva piercings. Unprotected oral sex should especially be avoided during the healing period, as this is one of the fastest ways to get an infection. Soap can be too strong for genital piercings. It can be especially irritating for piercings through the urethra, and can upset the natural balance of flora if used for vulva piercings, even contributing to a yeast infection. Don't be surprised by bruising. While it doesn't happen to everyone, bruising is not uncommon, especially with genital piercings. Be prepared for bleeding for the first 24 hrs and don't be surprised by spotty bleeding anytime within the first week after the piercing. With Prince Alberts and reverse PAs expect significant bleeding for the first 1-3 days; keep these piercings wrapped in gauze for the first several days, and put a rubber glove over the gauze wrap the first night. For vulva piercings, use a pad for the first night, and longer if necessary.