



❖❖❖ PIERCING CARE DETAILS ❖❖❖

❖❖❖ BODY PIERCINGS:

- ❖❖❖ THE MOST IMPORTANT THING TO REMEMBER IS TO KEEP YOUR HANDS CLEAN BEFORE TOUCHING YOUR NEW PIERCING. AVOID OVER-THE-COUNTER PRODUCTS SUCH AS ALCOHOL, PEROXIDE, BACTINE OR NEOSPORIN AS THESE ARE A BIT HARSH ON THE DELICATE TISSUE TRYING TO HEAL AROUND THE JEWELRY.
- ❖❖❖ THE ONE PRODUCT YOU SHOULD BE USING TO CARE FOR YOUR NEW PIERCING IS A MILD ANTIMICROBIAL SOAP, SUCH AS PROVON. NO MORE THAN 2 TIMES DAILY, APPLY A SMALL AMOUNT OF SOAP TO THE PALM OF YOUR HAND AND COMBINE WITH WARM WATER TO CREATE A LATHER.
- ❖❖❖ USING YOUR FINGERTIPS, APPLY LATHER TO YOUR PIERCING AND THEN THOROUGHLY RINSE CLEAN. LET THE AREA AIR DRY OR PAT DRY WITH A DISPOSABLE PAPER PRODUCT.
- ❖❖❖ REMEMBER, OVER-CLEANING YOUR PIERCING CAN CAUSE MORE HARM THAN GOOD. MINIMAL CARE IS BEST.
- ❖❖❖ TREAT YOUR NEW PIERCING AS YOU WOULD A CUT. MINIMIZE PICKING AT, PLAYING WITH AND TOUCHING YOUR NEW PIERCING WITH UNCLEAN HANDS. LIKE A CUT, YOUR PIERCING WILL SCAB AROUND THE SIDES AND ACCUMULATE A BIT OF DISCHARGE (TYPICALLY A YELLOWISH/WHITE COLOR WHICH CAN HARDEN INTO A CRUST). THIS IS THE SIGN OF A HEALTHY HEALING PIERCING, DO NOT PANIC. PICKING THIS AWAY WILL CAUSE IRRITATION TO YOUR PIERCING, PROLONG THE HEALING TIME AND LEAVE A MORE PRONOUNCED SCAR ONCE HEALED. TO SAFELY REMOVE DISCHARGE/CRUSTY MATTER, USE AFOREMENTIONED SOAP AND WARM WATER TO GENTLY WASH IT AWAY.
- ❖❖❖ WHILE CLEANING YOUR NEW PIERCING, IT IS NOT NECESSARY TO ROTATE OR MOVE THE JEWELRY BACK AND FORTH. IF THE JEWELRY 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 EXPOSING IT TO SHARED BODIES OF WATER (IE: POOLS, HOT TUB, OCEAN, ETC...).

❖❖❖ ORAL PIERCING:

- ❖❖❖ THIS AFTERCARE APPLIES TO THE INSIDE OF LIP PIERCINGS, CHEEK PIERCINGS, AND THE TONGUE.
- ❖❖❖ JUST LIKE AN EXTERNAL BODY PIERCING, MAKE SURE TO CLEAN YOUR HANDS BEFORE TOUCHING YOUR ORAL PIERCING. THE ONLY CLEANING PRODUCT THAT SHOULD BE USED ON THIS AREA IS AN ALCOHOL FREE MOUTH RINSE SUCH AS TECH 2000. DILUTE MOUTH RINSE INTO 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 AFTER EVERYTHING YOU EAT OR DRINK OTHER THAN WATER. KEEP IN MIND THAT CIGARETTES AND ALCOHOL CONTAIN CHEMICALS AND POISONS WHICH WILL INCREASE THE AMOUNT OF SWELLING YOUR PIERCING WILL GET. AVOID THESE FOR AT LEAST THE FIRST 7-10 DAYS TO MINIMIZE SWELLING AND DECREASE HEALING TIMES.
- ❖❖❖ IT IS VERY IMPORTANT TO MAINTAIN YOUR ORAL PIERCING. SINCE THESE AREAS DO HAVE INCREASED AMOUNTS OF SWELLING, THE INITIAL PIERCING JEWELRY IS LONG ENOUGH TO ACCOMMODATE FOR THIS. TWO WEEKS AFTER RECEIVING YOUR PIERCING, IT IS HIGHLY RECOMMENDED TO COME BACK IN SO WE MAY DOWNSIZE THE LENGTH OR DIAMETER OF THE JEWELRY. DOING THIS WILL DISPEL ALL CONCERNS OF TOOTH AND GUM DAMAGE. KEEP IN MIND, SPENDING A FEW DOLLARS TO DOWNSIZE YOUR JEWELRY IS GOING TO BE A LOT LESS EXPENSIVE THAN REPAIRING A DAMAGED TOOTH.
- ❖❖❖ A HELPFUL TIP FOR SOOTHING AND HELPING TO REDUCE ORAL SWELLING IS TO SWISH THE PIERCING AREA WITH ICE COLD WATER THROUGHOUT THE FIRST FEW DAYS.

❖❖❖ EXTRA INFO:

- ❖❖❖ OTHER THAN DOWNSIZING ORAL PIERCINGS, JEWELRY SHOULD BE LEFT IN YOUR PIERCING FOR APPROXIMATELY 2 MONTHS BEFORE CHANGING IT TO SOMETHING OTHER THAN THE INITIAL PIERCING JEWELRY. FOR ANY PIERCING DONE WITH A "STUD" (IE: BARBELL OR LABRET STYLE JEWELRY) THE ENDS CAN BE CHANGED WHILE LEAVING THE POST IN THE PIERCING. THIS IS SAFE TO DO WITHIN THE FIRST 2 MONTHS.
- ❖❖❖ IF YOUR PIERCING NEEDS TO BE REMOVED FOR MEDICAL PROCEDURES OR HIDDEN FOR ANY REASON, STOP BY SO WE MAY FIT YOU WITH A RETAINER (MADE OF QUARTZ GLASS). THIS IS A SAFE MATERIAL TO WEAR IN EVEN FRESH PIERCINGS. IT IS CLEAR AND DISCRETE TO WEAR. DON'T CHANCE REMOVING A NEW PIERCING, EVEN FOR A FEW HOURS, AS YOUR BODY WILL START TO REPAIR ITSELF AND START CLOSING THE PIERCING HOLE.
- ❖❖❖ IF YOU ARE STRETCHING YOUR PIERCINGS, IT IS RECOMMENDED TO WAIT 4-6 WEEKS BETWEEN EACH STRETCH ENSURING YOUR BODY ENOUGH TIME TO REPAIR ITSELF AND ADJUST TO THE SIZE OF THE NEW JEWELRY.
- ❖❖❖ ** ALL HEALING TIMES ARE GENERAL TIME FRAMES. EVERYBODY HEALS AT A DIFFERENT RATE. TAKE THIS INTO CONSIDERATION BEFORE SWITCHING JEWELRY 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.