

PIERCING AFTERCARE INSTRUCTIONS

HINTS AND TIPS

JEWELRY

- Unless there is a problem with the size, style, or material of your initial jewelry, leave it in for the whole healing period. If you have an emergency and need to change your jewelry during healing, visit a qualified piercer for help.
- Contact your piercer for a non-metallic retainer if your metal jewelry must be removed (for example, if your doctor or dentist makes you take it out for a procedure).
- Leave jewelry in at all times. Your piercing can shrink or close super fast—even if you've had it for years. If you take it out, getting it back in later can be difficult or impossible.
- With clean hands be sure to check threaded ends on your jewelry for tightness daily. ("Righty-tighty, lefty-loosey.")
- Carry a clean spare ball in case you lose or break one.
- If you decide you don't want your piercing any more, simply remove the jewelry (or have a professional piercer remove it). Keep cleaning the piercing daily until the hole closes. Most of the time, only a small mark will be visible.
- If you think you have an infection, **leave in** quality jewelry so the infection can drain. If you take the jewelry out, the surface can close up. That can trap the infection inside the piercing and cause an abscess. Do **not** remove jewelry unless instructed to so by a medical professional.

TIPS FOR NAVEL PIERCINGS

- Wear a hard, vented eye patch (sold at pharmacies) under tight clothing (like nylon stockings) or use a piece of ace bandage around your body to keep it in place. Don't use tape because it can cause a rash on your skin. This patch can protect your piercing from being hit during sports or other dangers, and reduce irritation from tight clothes.
- Wear clean, comfortable, breathable clothing that protects your piercing while you are sleeping.

TIPS FOR EAR / EAR CARTILAGE AND FACIAL PIERCINGS

- Use the t-shirt trick: Dress your pillow in a large, clean t-shirt and turn it nightly; one clean t-shirt provides four clean surfaces for sleeping.
- Keep everything super clean that comes near or touches the pierced area: telephones, headphones, eyeglasses, helmets, and hats.
- Be careful when styling your hair, and let your stylist know if you are healing a piercing.

Nipples:

- The support of a tight cotton shirt or sports bra may provide protection and feel comfortable, especially for sleeping.

Genital:

- Genital Piercings—especially Prince Alberts, Ampallangs, and Apadravyas—can bleed freely for the first few days. Be prepared.
- Urinate after using soap to clean any piercing that is near the urethra.
- Wash your hands before touching on (or near) a healing piercing.
- In most cases you can engage in sexual activity as soon as you feel ready, but maintaining hygiene and avoiding trauma are vital; all sexual activities should be gentle during the healing period.
- Use barriers such as condoms, dental dams, and waterproof bandages, etc. to avoid contact with your partners' body fluids, even in monogamous relationships.
- Use clean, disposable barriers on sex toys.
- Use a new container of water-based lubricant; do not use saliva.
- After sex, an additional saline soak or clean water rinse is suggested.

Cleaning Instructions for Inside the Mouth

Rinse mouth with cleaning solution for 30 seconds after meals and at bedtime (4-5 times daily) during the entire healing period. Cleaning too often or with too strong a rinse can cause discoloration and irritation of your mouth and piercing.

Cleaning Instructions for the Exterior of Labret (Cheek & Lip) Piercings

Soak in saline solution and/or wash in mild, fragrance-free liquid soap—preferably anti-microbial or germicidal.

WASH your hands thoroughly prior to cleaning or touching your piercing for any reason.

SALINE soak at least two to three times daily. Simply soak directly in a cup of warm saline solution for five to ten minutes. For certain placements it may be easier to apply using clean gauze saturated with saline solution. A brief rinse afterward will remove any residue.

SOAP no more than once or twice a day. While showering, lather up a pearl size drop of the soap to clean the jewelry and the piercing. Leave the cleanser on the piercing no more than thirty seconds.

RINSE thoroughly to remove all traces of the soap from the piercing. It is not necessary to rotate the jewelry through the piercing.

DRY by gently patting with clean, disposable paper products. Cloth towels can harbor bacteria and snag on jewelry, causing injury.

WANT A DISCOUNT?
BOOK APPOINTMENTS ON
BOOTWRLD.COM

PIERCING AFTERCARE INSTRUCTIONS

WHAT TO CLEAN WITH

USE ONE OR BOTH OF THE FOLLOWING PRODUCTS TO CLEAN YOUR PIERCING:

- Packaged sterile saline solution made for wound care (read the label), or a non-iodized sea salt mixture you make yourself: dissolve 1/8 to 1/4 teaspoon of non-iodized (iodine-free) sea salt into one cup (8 oz.) of warm distilled or bottled water. A stronger solution can irritate your piercing, so don't put in too much salt!
- A mild, fragrance-free liquid soap—preferably antimicrobial or germicidal. (Ask your piercer, check the APP website, or call 888.888.1APP for the best products.)

HOW TO CLEAN YOUR PIERCING

- **WASH** your hands really well before you clean or touch your piercing for any reason.
- **SALINE** soak for three minutes once or more per day. Seal a cup of warm saline solution over the area. For some piercings it will be easier to use clean gauze or paper towels soaked in saline solution. Rinse after you salt soak because dried salt crystals could hurt you and your piercing.
- **SOAP** only once or twice a day. While showering, lather up a dime sized drop of the soap to clean the jewelry and the piercing. Leave the soap on the piercing no more than thirty seconds.
- **RINSE** to remove **all** of the soap from the piercing. You do not have to rotate your jewelry through the piercing.
- **DRY** gently with clean, disposable paper products. Cloth towels could snag on jewelry, and they might have bacteria on them.

WHAT IS NORMAL?

- At first: some bleeding, bruising, swelling, redness, and soreness or mild pain.
- During healing: some discoloration, itching, oozing of a whitish- yellow uid (not pus) that will form some crust on the jewelry. Your skin may tighten around the jewelry as you heal.
- After healing: the jewelry may not move easily in the piercing; **do not** force it. If you don't clean your piercing as a part of your daily bathing, normal but smelly secretions may build up.
- A piercing may seem just ne before the whole healing process is done. This is because they heal from the outside in. Even if it feels ne, the new skin is weak on the inside. **Be patient**, and keep cleaning all the way to the end of entire healing period.
- If you have had a piercing for years, it can still shrink or close in minutes if you take out your jewelry! This is different from person to person; if you like your piercing, keep jewelry in—do not leave the hole empty.

WHAT TO DO

- Wash your hands before you touch the piercing; leave it alone except when cleaning. During healing, you do not have to rotate, turn, or move your jewelry.
- Stay healthy; the healthier your lifestyle, the easier it will be for your piercing to heal. Get enough sleep and eat a nutritious diet. Exercise during healing is ne; listen to your body.
- Make sure your sheets and towels are washed and changed weekly.
- Showers are safer than baths because bathtubs can harbor germs. Before you get into a bath tub, clean it first, and rinse off your piercing when you get out.

WHAT TO AVOID

- Avoid cleaning with Betadine®, Hibiclens®, rubbing alcohol, hydrogen peroxide, and Dial® or other strong soaps, because these can damage your healing piercing. Also don't use ointments because they don't let your piercing get the air circulation it needs and may contain ingredients that are not safe for long-term use.
- Avoid Bactine®, pierced ear care solutions, and other products containing Benzalkonium Chloride (BZK). This can be irritating and should not be used for long-term care.
- Avoid cleaning too much. This can irritate your piercing and make it take longer to heal.
- Avoid irritation like friction from clothing, too much motion of the area, playing with the jewelry, and rough cleaning. These could make ugly and uncomfortable scar tissue form, and cause other problems like migration and a longer healing time.
- Avoid rough play, unwashed hands on (or even anywhere *near*) your piercing, and contact with others' bodily uids like saliva while you are healing.
- Avoid stress and recreational drug use, including too much caffeine, nicotine, and alcohol.
- Avoid putting a healing piercing in a lake, pool, hot tub, etc. First, protect your piercing by using a waterproof bandage (such as Clean Seals™). You can buy them in any drugstore.
- Avoid **all** beauty and personal care products on or around the piercing, including cosmetics, lotions, and sprays, etc.
- Don't hang charms or any object from your jewelry until the piercing is fully healed.

Piercing: _____

Healing time: _____

Jewelry: _____

Each body is different and your healing time may be a lot longer or shorter than your friends'.

PROVIDED BY MALI ·  INKYBOOT