

your piercing and will prevent you from losing jewelry. If jewelry is lost call your piercer for advice on how to keep it open until you can get new jewelry. Remember, "righty-tighty, lefty-loosey".

★ Once your piercing is healed it is very important that you switch from your initial jewelry to smaller, healed piercing jewelry.

PIERCING:

HEALING:

SIZE/GA:

DATE OF:

Thanks again!
We hope you enjoy your new piercing!

**LIVE FAST
DIE YOUNG
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NOTES:



**FULL CUSTOM
TATTOO
&
PIERCING
ESTABLISHMENT**

**PIERCING
AFTERCARE
INSTRUCTIONS**

CARING FOR YOUR NEW PIERCING

BODY PIERCING CARE

Sea Salt Soaks

With your piercing you will be given a small bag of non-iodized sea salt. Depending on your piercing's specific healing time, you may need to purchase more to continue your aftercare after the initial salt has ran out. First, fill a clean or disposable cup with 8 oz. of warm-hot water. (The heat helps direct more white blood cells to the area and drain the area of any buildup and crusties) Next, mix 1/4 teaspoon of the NON-IODIZED sea salt into the water and stir until dissolved. When ready, you can place the cup directly over the piercing for optimal soaking. If you are unable to do this, a clean paper towel saturated in the solution and held on the piercing will work. The first soak should last 10 minutes, then all additional soaks should last at least 5-10 minutes and be performed 4 to 5 times daily during the first few weeks, then 2 to 4 times daily for the rest of the healing period.

ORAL PIERCING CARE

Oral Rinse

The recommended way to care for your piercing is to rinse your mouth for 30 to 60 seconds with an antimicrobial or antibacterial alcohol-free mouth rinse (i.e. Biotene) after every meal during the entire healing period. Do not use regular mouth wash as this can irritate your

new piercing and will not clean it sufficiently. Biotene can be purchased at most grocery stores but if it is not available, you can dilute 4 ounces of an oral antiseptic with 4 ounces of water. Be wary of over rinsing as this can impair proper healing. Signs of over rinsing can be a very white or yellow looking tongue. If this occurs, sticking to rinsing only 3 to 4 times a day may be your best option.

STAY AWAY from open mouth kissing or the exchange of any foreign body fluids during healing time.

SWELLING

With any piercing you should prepare for some swelling and mild pain for the first 5 to 7 days. Some times due to this, eating and talking with a fresh oral piercing may be irritating or difficult. Anti-inflammatories such as ibuprofen can be taken to relieve some of the swelling. Ice, popsicles or eating ice cream or frozen yogurt will help to reduce the swelling.

ADDITIONAL TIPS

Once you leave the studio, the longevity and success of your piercing lies in your hands, so make sure you are taking all necessary precautions to avoid infection. Contact your piercer with any questions.

★ Remember, a piercing is a wound and you should expect tenderness, swelling, discoloration and possibly bruising, bleeding, and itching. If you are concerned, call or stop in.

- ★ During healing it is common for your piercing to secrete a yellow-white fluid that contains dead cells and blood plasma. This will form the ever annoying 'crusties' on and around your piercing. **DO NOT PICK!** Warm sea salt soaks should remove any excess.
- ★ **NEVER** touch your piercing without washing your hands with an antimicrobial or anti bacterial soap. This is an effective way of preventing infection even after the healing process. Keeping proper hygiene in all aspects is important for a quick and easy healing process.
- ★ You **DO NOT** need to twist, pull, or play with your jewelry at all during the healing period. This will cause more trauma to the piercing and can prolong the healing process.
- ★ **DO NOT** use any petroleum based ointments (Neosporin, bacitracin, etc.) or peroxide, betadine and iodine. These will only irritate the piercing and prolong the healing process.
- ★ Keep all foreign substances away from fresh piercings, this includes make-up, hair spray, perfume, etc. Small band-aids can be used as a protective barrier, but be sure to remove them slowly and carefully.
- ★ With clean hands check all of your accessories (Balls, Gem ends, etc.) for tightness at least once a day. This should become routine and habitual throughout the life of >>>