

# Euphoria

## Piercing Aftercare

So now that you have your piercing, it is your responsibility to take care of it, however; if you need any help or have any questions, please don't hesitate to call.

### **DO NOT USE ANY OF THE FOLLOWING ON YOUR PIERCING:**

Rubbing Alcohol, Hydrogen Peroxide, Bactine, Iodine, Ointments, Hand Soap, or "friends' recommendations"

### **CARE AND CLEANING SOLUTIONS FOR BODY PIERCINGS:**

- Sterile saline solution (sterile water and 0.9% sodium)
- Anti-microbial/germicidal soap (brands such as: Satin, Provon) for cleaning

### **HOW TO CLEAN YOUR BODY PIERCING:**

First things first – *always* wash your hands with antibacterial soap before cleaning or even touching on or around your piercing. Touching your healing piercing without freshly washed hands is the easiest way to cause an infection. Clean around the piercing and on the jewelry with sterile saline solution for about 30 seconds and then rinse it off. Leave the jewelry still. Do not rotate it! A tight seal between the piercing and the jewelry helps keep the piercing from getting infected. Soak off any "crusties". Do not pick or peel the skin around your piercing. This whitish/yellowish crust is composed of blood plasma, dead cells and lymph secretions, and picking this off will only irritate the piercing and lengthen the healing process. If you do notice that the area around the piercing is constantly hot, secretes an unusually large amount of fluid or "pus," or you notice discoloration (other than a normal redness associated with a new piercing), please contact your piercer for aftercare assistance. Soak in sterile saline (sterile water and 0.9% sodium) twice a day. This will help keep the piercing healthy and speed up the healing process.

**Please note that over-cleaning your piercing will only make the healing time longer and will dry out, burn and irritate your new piercing.**

### **CARE AND CLEANING SOLUTIONS FOR ORAL PIERCINGS:**

- Biotine
- Toms of Maine
- Crest mouthwash (alcohol free)
- Tech2000
- Sterile saline solution (sterile water and 0.9% sodium)

### **HOW TO CLEAN YOUR ORAL PIERCING:**

First, throw out your old toothbrush and get a new one. Your old toothbrush harbors bacteria. When brushing your teeth, gently brush your tongue to remove the dead cells. Directly after every time you eat or drink (anything besides water), rinse out your mouth – about 5-6 times daily – with one of the above cleaning solutions. Gargling with warm iodized sea salt water also helps sooth the piercing and speed up the healing process. Avoid spicy and citrusy foods, as they will cause your piercing to swell. Also avoid beer and other alcoholic beverages for the first week after your piercing. Smoking will increase the chance of infection and slow the healing time (and in case you haven't heard, smoking is bad for you).

### **OTHER HELPFUL HINTS:**

- *Do not play with your piercings!* Besides looking stupid, playing with your piercing can irritate or tear the new hole. Playing with an oral piercing is an easy way to chip your teeth and cause gum damage.
- Do not go swimming until the piercing is fully healed. Bacteria and chemicals in the water will most likely irritate or even infect your piercing.
- Ibuprofen is a good anti-inflammatory – use as directed. If you are allergic to Ibuprofen, ice chips also help by soothing and keeping swelling down (good for oral piercings).
- Keeping your body in good health is one of the best ways to heal a piercing quickly. Taking multi-vitamins, Vitamin-C and Zinc supplements (on a full stomach to avoid nausea) and drinking *lots* of water will greatly help the health and healing of your piercing and your body as a whole.
- Check barbell balls for tightness regularly with *clean hands* (righty tighy, lefty loosey).

### **HEALING TIME**

- Any cartilage (nose & upper ear): 3-9 months
- Navel: 3-9 months
- Eyebrow: 6-8 weeks
- Earlobe: 4-6 weeks
- Tongue: 4-6 weeks
- Any lip piercing (top or bottom): 6-8 weeks
- Surface piercing: 2-3 months
- Genitals: 2-3 months
- Dermal Anchor: 2-3 months
- Webbing in mouth: 6-8 weeks
- Nipples: 2-3 months
- Septum: 6-8 weeks
- Dimple: 6-8 weeks