



Legacy Impressions Tattoos & Piercings

110 West Main Street, Platteville WI 53818

(608) 348-8288

Piercing Aftercare

DISCLAIMER: We cannot predict how your body will react to the piercing or jewelry. We cannot guarantee the client will properly care for their new piercing; therefore, we cannot guarantee any piercing. With that being said, we do operate with the highest possible standards when it comes to all piercings and jewelry. We will explain all the necessary steps to care for your piercing, as well as these aftercare instructions. ***Please contact us any time you have questions or concerns.*** For your convenience, we will provide you with sea salt at the end of your appointment.

ALWAYS wash your hands with antibacterial soap before touching your piercing or jewelry.

Warm salt-water soaks help remove dried discharge, lymph secretions, relieves itching, and increases circulation to the piercing. To make the warm salt-water soak; dissolve $\frac{1}{4}$ teaspoon of sea salt in 8oz (one measured cup) of warm water. **A stronger solution is not better**, keep to the measurements instructed! Soaking for 5 - 10 minutes once a day is recommended. Depending on the location of your piercing; a mug, glass, or shallow bowl can be an appropriate soaking vessel. Make sure these are clean before use. Clean your piercing two more times a day with a q-tip and get rid of any dried discharge. It is best to use distilled water or bottled water. Depending on your local water quality, you may need to avoid tap water unless you use a filter for your water. Do not remove jewelry to clean, this will cause damage to the healing process.

Do not allow your piercing to come in contact with cosmetics, lotions, perfumes, or hair care products. Contact with these items can cause mild to extreme irritations.

One of the most frequent causes of infection and irritation is from touching your piercing or jewelry with unwashed hands.

Swimming in public pools, spas, or hot tubs may risk infection as one can never be sure of the quality of sanitation and the risk of exposure to bacteria is high. Please avoid swimming for at least 6 weeks.

After the healing process is complete, you should continue to clean your piercing once a day as part of your personal hygiene routine. This prevents accumulation of dirt and dead skin cells.

TIPS FOR SPECIFIC BODY PIERCINGS

NAVEL: Avoid having tight clothing (waistbands, etc.) rubbing on your piercing.

EAR AND FACIAL PIERCINGS: Shield piercings from hairspray and styling products. Clean your telephone frequently and avoid contact with unclean phones. Avoid sleeping with wet hair as the moisture can lead to complications.

NIPPLE PIERCINGS: You may want to sleep in a clean, tight-fitting shirt or sports bra, especially if you have pets that get on or in your bed.



EXTRA TIPS FOR ORAL PIERCINGS

USE A DILUTED, ALCOHOL-FREE MOUTHWASH – AFTER EVERY MEAL

During the first 4 days a piercing tongue usually swells 2-3 times its normal size. Sucking on ice chips or taking ibuprofen as directed on the package will help alleviate swelling. After two weeks (or more, depending on your comfort level) you may come back to Legacy Impressions to have your barbell changed to a shorter barbell.

Oral hygiene must be maintained while any piercing inside the mouth is healing; however, using a mouthwash that is too strong can damage cells and slow the healing process. Be sure to choose an alcohol-free mouthwash and dilute it 50/50 with distilled or bottled water. Do not touch your piercing without first washing your hands and always leave your jewelry in. Be sure to gently brush your jewelry with your toothbrush to prevent plaque build-up. If your jewelry is threaded (barbells, etc.) check it to make sure it's still tight. Remember "righty tighty, lefty loosey."

The first week after your tongue piercing will limit your food intake to soft foods only. Mashed potatoes, soup, pudding, baby food, jell-o, fruit juice, ice cream, etc.

ALWAYS RINSE WITH COOL, BOTTLED WATER AFTER MEALS, SNACKS, OR SMOKING.

EXTRA TIPS FOR NOSE PIERCINGS

Please clean your piercing at least twice a day, three times preferred. Mix warm water with a little antibacterial soap dissolved into it. Remove the discharge from the outside of your nose jewelry by inserting your finger into your nostril and gently pushing the jewelry up. While you are pushing on the jewelry use a cotton swab more moistened with a soap solution and gently wipe the crusty discharge. Do not use the swab more than once and do not dip the swab back into the soap solution after it has been used. Please use a minimum of 3 swabs to ensure you have done a thorough job. To clean the jewelry that is inside your nostril, place the thumb of the hand opposite the piercing on the jewelry itself, and while holding the jewelry down, use your index finger on the same hand to lift the edge of the nostril up and expose the inside of the nostril and the jewelry that needs to be cleaned. use at least 3 swabs to clean the inside part of the jewelry. Please take time to clean the jewelry inside the nose very well; poor cleaning of this area often leads to infection.

If your jewelry comes out of your nose, put a straight earring stud through the hole **immediately**. Do this before trying to find your lost jewelry or doing anything else. If you do not put something into the piercing right away, it will close, and we will not be able to insert new jewelry without re-piercing you.

HEALING TIMES

Cartilage.....	6-12 months	Tongue.....	4-8 weeks
Labret.....	6-8 weeks	Belly Button.....	6-12 months
Nostril.....	3 months-1 year	Nipple (Female).....	6 months-1 year
Septum.....	2-3 months	Nipple (Male).....	4-6 months
Earlobe.....	6-8 weeks	Eyebrow.....	2-3 months