

HEAVEN AND HELL PIERCING LTD. (Helen Green)

Aftercare advice sheet *Minimising infection risk guidance*

Most piercings will bleed at first, but this should stop within a few minutes. Gentle pressure on or around the pierced site will slow bleeding, but if it is excessive or persists then immediate medical advice should be sought.

Remember all pierced regions will tend to swell immediately after treatment and the item of jewellery you have inserted will be designed to accommodate this. Tongue piercings may swell to the limit of the inserted bar, this can be reduced by rinsing the mouth with iced water.

If the jewellery becomes too tight because of the swelling, see your body piercer immediately. If however, you have a tongue piercing and begin to experience neck pain or problems with swallowing, contact a medical practitioner immediately or go to your nearest accident and emergency department.

Always wash and dry your hands before and after any essential handling a newly pierced site, e.g. cleaning of the area.

Avoid unnecessary touching, scratching or picking of the newly pierced site to reduce the risk of introducing infection. Avoid using fingernails to handle jewellery, as the underside of nails are more likely to introduce infection to the pierced site.

After removing any initial dressings applied by the piercer, clean the piercing twice a day if possible – the use of boiled water that has been allowed to cool and clean gauze or other non-disintegrating cotton wool swabs is best for this. Sterile (normal) saline purchased in sachets from your pharmacist is also suitable for this.

Gently soak off and wipe away any crusty formations at the wound site. Do not pick them off!

Avoid applying hot cleaning solutions or surgical spirit on the treated area as they can damage the delicate healing skin.

If possible, shower rather than bathe whilst the piercing is healing so that unnecessary water submersion is avoided.

Pat dry the pierced area after cleaning – do not rub as this could snag jewellery and tear delicate healing tissue.

Do not use skin products on the treated area that have not been recommended by your operator or are not intended for open wound healing. There is generally no need to use any other skin antiseptic products, and you should not share skin products on others.

Avoid swimming, sunbeds, and sunbathing until your new piercing is fully healed, as direct sunlight / chlorine can interact with treated site causing skin irritation and inflammation.

Try to wear loose, cotton clothing to minimise rubbing and irritation to a newly pierced site, and in general try and keep a new piercing as dry and exposed as possible.

Always keep a new piercing covered and protected if working in a dirty, dusty or oily environment - a non-adhesive dressing secured with dermatological tape is best.

Only ever change jewellery as directed by your operator and ensure any new jewellery you buy is of good quality and is from a reputable dealer, and...

If you have any problems / queries, please contact your operator initially. They will refer you onto your GP if there are signs of adverse reaction/ infection.

For body piercing, expected (complete) healing times are difficult to predict because individuals' healing abilities vary. Here are some that have been set by the U.S. Association of professional piercers.

EAR LOBES – EYEBROWS- AND NASAL SEPTUM	6-8 WEEKS
EAR CARTILAGE AREA AND NOSTRIL	2 MONTHS – 1 YEAR
TONGUE	4-8 WEEKS
LIPS AND CHEEKS	6-12 WEEKS
GENITAL (MALE AND FEMALE)	
INCLUDING INNER LABIA & CLITORAL HOOD	4-12 WEEKS
NIPPLE - SCROTUM – OUTER LABIA	2-6 MONTHS
NAVEL AND AMPALLANG	
(A TRANSVERSE PENILE PIERCING)	4 MONTHS – 1 YEAR

** chewing gum should be avoided while an oral piercing is healing. Newly pierced tongue regions can be gently cleansed with a clean, soft toothbrush and toothpaste, to remove any coating around the site. Half strength mouthwash- diluted with tap water should be used twice a day after piercing, additionally after eating and drinking or smoking.

These aftercare guidelines are based (in part) on guidance compiled by the MSW collaborative special treatment working group July 2002 the format reproduced with permission from the City of York council. Healing times reflect those provided by the U.S. Association of Professional Piercers.