

Piercing Aftercare

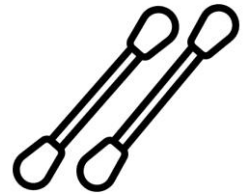
What to Clean With

You should only clean your piercing with Neilmed Piercing Aftercare or a pre-packaged sterile saline solution from your local chemist/pharmacy. You may have previously been advised to mix your own saline solution using sea salt, however this is no longer recommended as its easy to get the solution wrong and cause excess dryness and chemical burns.

If you don't have access to sterile saline solution or Neilmed, tap water or distilled water can be used but saline is preferred where available.

How to Clean Your Piercing (1-2x a day for 8 weeks)

Take a Q-tip or cotton bud and spray/pour your Neilmed or Saline onto the cotton tip until it is wet with the solution. Gently go around the front of your piercing to clean any blood, crust or debris away from the site. Take fresh cotton bud and repeat this action for the back of your piercing.



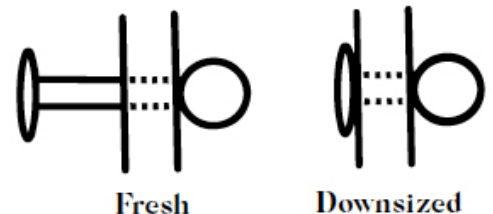
After this, the area in and around your piercing will be damp or wet. You need to dry this off manually as air drying isn't enough. If you air dry your piercings, the moisture is retained within the piercing, especially where big attachments have been used where moisture can sit underneath them. The best way to dry your piercing is to use a blow dryer. Simply put this on the lowest or cold setting and dry the front and back of your piercing site.



For facial piercings where blow drying may not be comfortable, a dry cotton bud can be used gently to pat the outside/inside dry, being careful not to catch any fibres on your piercing.

Downsizing Your Piercing

Swelling, localised redness and tenderness are all normal signs of a piercing in its initial stages of healing, this is why we use a longer flatback labret or larger diameter ring when we pierce you, as this accommodates the swelling your piercing experiences. Swelling subsides at different rates for each individual, however your piercing is ready for a downsize 2-4 weeks after your initial piercing. Leaving your longer bar in beyond this point may risk the long term healing of your piercing as it becomes more prone to catching or movement.



What to Avoid

Avoid shared bodies of water such as swimming pools and the sea for 1 month after you are pierced, pools, lakes or the sea are a breeding ground for a multitude of bacteria which could pose a serious infection risk to your piercing. Also avoid harsh chemicals such as detergents, soaps, alcohol or perfume on your piercing as this will damage the delicate tissue in your piercing. Avoid directly applying makeup to the area as this poses the risk of infection from bacteria in brushes or applicators. Be mindful of hair and clothing when coming into contact with your new piercing.