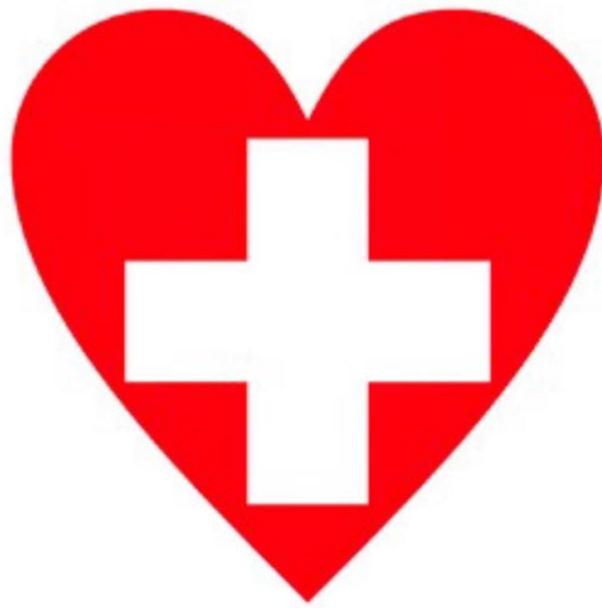


AFTERCARE

DO'S, DON'TS, AND
"WELL, OK THIS ONE TIME'S."



AFTERCARE
YOUR PIERCING'S FIRST
AID

ORAL PIERCINGS

Preventive Measures for swelling:

1. Sleep with your head propped up
2. Take ibuprofen or naproxen sodium as directed on bottle
3. Drink slushies and cold liquids (rinse with water after sugary drinks)
4. Let ice chips melt in your mouth

-The first couple days after the piercing, it is normal for the area around the piercing to be tender, sticky, stiff, swollen etc. The jewelry will feel stiff and awkward and may take a couple days to settle into how it will permanently look.

-Before touching your piercing, wash your hands with soap for 20 seconds getting every area with friction. Then dry your hands with disposable paper towels, not a towel. Your piercing is an open wound so keep the jewelry as still as possible (I.E. Don't touch it or play with it out of habit or talk excessively). This increases healing time,

allowing you to downsize the jewelry at the earliest suggested time frame.

-There will most likely be discharge while your piercing is healing. On the inside of your mouth the discharge will remain soft and gooey. On the outside of lips, monroes, philtrums, labrets etc. the discharge will dry and become a crust. After a warm soak the crust will have softened and will be easy to remove with hot water and a clean g-tip or paper towel. Repeat this two-three times each day.

-Oral Hygiene: Is Important!!

Use a New soft-bristled toothbrush that is kept clean and away from other toothbrushes.

Maintain healthy brushing habits and use of the mouth wash you choose after every meal. Gently brush your teeth, tongue, and jewelry while healing. Keep in mind, over-cleaning is as hindering as not cleaning the piercing at all. Mouthwash 2-3 times is sufficient and brushing the piercing twice a day with the soft bristled brush is ideal to prevent plaque. The piercing can become irritated if over cleaned or by using regular mouthwash (use only the mouthwashes your piercer suggests.)

-Staying strong by maintaining a healthy lifestyle is vital to the healing of the piercing. Smoking cuts down the nutrients in the bloodstream by half thus slowing down the healing process and serves as a contaminant. Alcohol and Caffeine also hinder the immune system and dehydrate you, hurting and possibly regressing the healing process.

-Kissing introduces bodily fluids from someone else into your open wound (piercing) and

should be avoided during the initial healing process, especially the first few weeks. Even if you are monogamous.

NON-ORAL PIERCINGS

-It is normal for the piercing and the area surrounding the piercing to be red, tender, and perhaps slightly bruised. There may also be some slight on-and-off bleeding. The jewelry can also feel "tight" and "stiff" the first few days. This is normal. You introduced something foreign into your body and now your body will respond by increasing the amount of white blood cells, thus causing swelling.

-Before touching your piercing, wash your hands with soap for 20 seconds and get every area with friction. Then dry your hands with disposable paper towels, not a towel. It is suggested to use a q-tip or paper towel and hot water to clean any debris and discharge from the piercing. Then you can use the aftercare your piercer suggested for you. If you are not using any aftercare a warm compress can be used. -Simply wet a paper towel with hot water (not scalding) and proceed to soak for 5-10 minutes daily. Dry the area thoroughly with the opposite side of the q-tip or a new part of the paper towel.

-Friction, movement, displacement, and pressure hinder and regress the healing process. If you have a piercing in your ear don't sleep on it, avoid answering your phone right on it, and watch out for hats and headbands around it.

TIPS FOR ALL PIERCINGS

A- healthy lifestyle will help heal your piercing. Your period, emotional stress, excessive friction and lack of sleep can all make a piercing "flare" up or regress in the healing processes.

-Taking a multivitamin can help the immune system and your body overall. It should include iron, B vitamins, zinc, and vitamin C.

-Be patient with your piercing. It will feel different throughout the healing process. At times the discharge will be clear, sometimes it will be light yellow. Sometimes it will be reddish-brown from a small amount of blood. It is a healing piercing and ultimately being patient with it will significantly help the life of the piercing. If you ever have any concerns, please contact your piercer. It is

important for you to guard your piercing and not let anyone touch it. Peoples' hands are dirty and could introduce germs into your wound. Avoid using alcohol, peroxide, harsh chemical soaps, thick antibiotic ointments (Neosporin) and other chemicals that can damage and/or suffocate your piercing. Oxygen is a key proponent of your healing process. Make sure to keep the piercing

uncovered and open to air as much as possible. Avoid makeup, makeup

removers face washes, astringents, hair products (dyes, shampoos, oils, styling products, etc.)

The only time your piercing should encounter a soap is if you know that your piercing was tangibly touched or soiled by any outside source (I.E. Someone else touching it, animal contact, dirty liquids, etc.) In this case use only a pea sized dot of an anti-bacterial soap and plenty of water to gently wash the piercing and rinse very thoroughly to keep the skin from drying out and damaging the healing tissue

-Your Piercing's healing time will be noted on the card you were given with the piercer's name and contact information.

Well, ok, just this one time.....

On rare occasion we will deviate from normal care path and offer a suggestion of the *short-term* use of a disinfectant but only do so under direct instruction. Normally harsh chemicals like alcohol, peroxide, benzalkonium chloride, triclosan, or similar chemicals can do more harm than good. These chemicals cause dryness and irritation in an open wound and are designed for immediate use in a fresh, dirty wound. They will also destroy the beneficial bacteria that live on our skin as part of the immune system's symbiosis. In certain circumstances we might recommend using them briefly, however these instances are few and far between. If you believe your piercing to be experiencing an infection, contact us and we can help you assess the situation. Most cases are more of a chronic irritation than a true infection.

Often people feel their piercing is infected if it is presenting any signs on irritation. In these cases, "infection" is a word that arrives first to mind. While not impossible, true infections are rare on the average person. The lengths we go to so we can provide you the cleanest experience possible, limits the risks you face from the jump. Additionally, the immune system is a truly marvelous thing, and it is capable of defeating almost everything that will come in contact with it, given you are following the aftercare procedures we suggest. **When in doubt, reach out. We're here for you!**