

Paramount Tattoo Studio



**PIERCING
AFTERCARE GUIDE**

PDF FILE



**PLEASE NOTE THAT THE INFORMATION
PROVIDED IN THIS GUIDE MAY BE
UPDATED PERIODICALLY.**

Congratulations on your new adornment!

This helpful guide contains all the important details that your piercer wants you to know about taking care of your new piercing, including cleaning instructions, healing times, tips, and more.

Please watch the video first.

Review the guide once you are done.

We recommend downloading the PDF file so you can refer back to the guide at any time for help with your piercing.

REMEMBER: Aftercare is YOUR responsibility!

For optimal healing results, please be sure to thoroughly review this guide before you begin and follow all instructions.

Need help with a troubled piercing?

See the last section of the guide for helpful information, including our piercer's advice on how to care for piercing bumps.

Questions?

We're happy to help! Just use the chat bubble in the bottom right corner of the page to contact us. We do our best to answer everyone's questions during regular business hours in the order in which they are received. *Need help after-hours?* We have a FAQs page for your convenience (located under the Information dropdown menu) with answers to our most common questions.

Concerns?

For concerns about your piercing, we recommend returning to the shop to speak to someone. Once we see you in person, we will be able to properly address your concerns and give our best advice.

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READ BEFORE YOU BEGIN

IMPORTANT INFORMATION FOR ALL PIERCINGS

DO NOT TOUCH, POKE/PRESS, OR PLAY WITH YOUR PIERCING

Please look at your new piercing with your eyes, not your hands. Do not touch, poke, press, or pull on the jewelry or the skin surrounding your piercing, as this can cause complications such as prolonged healing, irritation, and/or infection.

DO NOT TWIST/ROTATE OR MOVE THE JEWELRY AROUND

Daily twisting or rotating of the jewelry in a new piercing is an outdated practice and is not recommended by professional piercers. It is damaging to the new tissue and can actually prolong the healing process (*like picking a scab*). It is best to keep the jewelry as stationary as possible while your new piercing heals.

DO NOT REMOVE THE JEWELRY TO CLEAN YOUR PIERCING

Please keep the jewelry in your piercing during cleaning. Your new piercing can close up within a matter of seconds if the jewelry is removed before it is fully healed. *In most cases*, you should wait for your piercing to heal for at least 4 weeks before attempting to remove or change your jewelry.

"IS THIS NORMAL?"

Remember: piercings are puncture wounds that need time to heal. During the initial healing period, it is normal for your new piercing to experience things like **dried fluid "crusties", bleeding, scabbing, soreness, tenderness, redness, swelling, itching, bruising, and/or clear to light yellow discharge** for up to 4 weeks. This does not mean it's infected! Your skin is just doing its job healing the wound. Please, **DO NOT pick any dried fluid "crusties" or scabs** that may form, as this may prolong healing and/or lead to irritation or infection. *For help with piercing bumps, please scroll down to the Granulation Tissue (Piercing Bumps) section.*

CLEANING YOUR PIERCING

We recommend **H2Ocean® aftercare products** to all of our piercing clients. **WE DO NOT RECOMMEND USING ANY OTHER PRODUCT OR METHOD TO CLEAN YOUR PIERCING.** H2Ocean® aftercare products are pre-formulated and specifically designed to heal your new piercing. They are made with the highest quality pharmaceutical-grade ingredients that are laboratory tested to ensure purity and quality and are 100% GUARANTEED. For the best healing results, we recommend performing your aftercare routine using **ONLY** the appropriate H2Ocean® aftercare product to clean your piercing.

If you use another aftercare product or method than what your piercer has recommended, you will have a higher chance of experiencing piercing complications.

WHY H2OCEAN®?

H2Ocean® is the only patented sea salt-based natural health and beauty care company on the market, developing and manufacturing the highest quality all-natural sea salt-based aftercare products. By using only the highest USP-grade ingredients and the most technologically advanced packaging to ensure quality, they guarantee that their products are the **safest and most effective products on the market**. Their organic red sea salt-based products are **widely used and recommended by industry professionals worldwide**.

No other product heals body piercings better or as quickly as H2Ocean® body piercing aftercare products. Their unique formulas help you **safely and effectively remove dried discharge and lymph secretions from your healing piercings**. The combination of sea salt and lysozyme creates the optimal solution to **reduce healing time and help eliminate adverse issues that commonly arise when healing a new piercing**. Research has concluded that shorter healing times occur when naturally optimal healing environments are promoted, rather than trying to heal with chemicals (soap, bactine, etc.) that destroy beneficial bacteria.

With H2Ocean® aftercare products, you can **take the guesswork and work- out of your aftercare routine. No more playing "mad scientist"**! The sterile, pre-mixed solution is ready when you need it and **ensures that you're getting the correct ratio of ingredients with each use**, saving you time and money. The ingredients are of the highest quality and are always gentle on piercings.

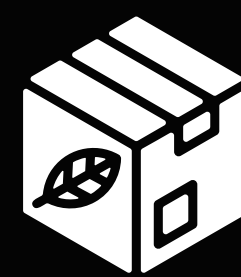
We want our clients to have the best healing results possible, which is why we recommend using **ONLY H2Ocean®** aftercare products!



No animal testing



Organic



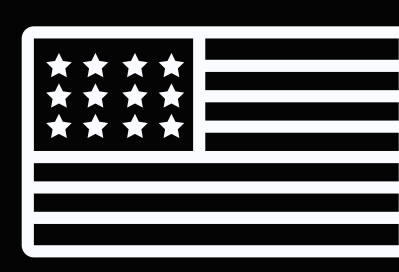
Sustainable packaging



Eco-friendly ingredients



Reef safe



Made in the USA

AVAILABLE PRODUCTS

Available in-store and online! Sizes are subject to availability.

Piercing Aftercare Spray - "The Original One"

Ingredients: Purified Water, Sea Salt, Lysozyme, Sodium Citrate

Used for **External piercings** & **Oral piercings**



- The best on the market since 2001
- Natural ingredients
- Enzymatic Red Sea Salt (NOT table salt) solution is natural for your body
- Safe for all skin types
- pH balanced and enriched with over 82 trace elements and minerals
- Gluten-free
- Remains sterile from start to finish
- No cross-contamination (bag inside of the can)
- Gentle mist spray
- Easy-to-use, all-altitude (360°) dispensing can

Sea Salt Body Piercing Spray (Vegan)

Ingredients: Purified Water, Sea Salt 0.9%

Used for **External piercings** & **Oral piercings**



- All natural
- Drug free
- Preservative free
- Gentle mist spray
- Non-GMO
- Vegan

Body Piercing Foam Soap with Aloe Vera (Vegan)

Active Ingredients: Benzalkonium Chloride 0.13%

Inactive Ingredients: Purified Water, Poloxamer, Aloe Barbadensis Leaf Juice, Disodium EDTA, Sea Salt

Used for **External piercings** & **Oral piercings**



- Moisturizes skin & reduces dryness
- Antimicrobial & antibacterial
- No stinging
- Faster healing
- Reduces irritation and redness
- Fragrance and alcohol-free
- Vegan

Healing Rinse Sea Salt Oral Care - Arctic Mint

Ingredients: Purified Water, Sea Salt, Xylitol, Wintergreen, Lysozyme, Menthol, Potassium Sorbate, Sodium Benzoate, Poloxamer 407

Used for **Oral piercings** & **Intra-Oral piercings**



- Formulated with enzymes naturally found in your saliva
- Enriched with xylitol (a natural sweetener), which helps prevent dry mouth
- Alcohol-free
- Fluoride-free
- Safe for all ages
- Recommended by dentists
- Great taste
- Leaves breath fresh

INITIAL JEWELRY INFORMATION

You have been pierced in a sterile, hygienic environment by a professionally trained and licensed body piercer, with the best body jewelry available in the industry.

Our standard steel jewelry is made from 316L implant-grade surgical steel* and is included with most of our piercings. Depending on the type of piercing you received, or if you upgraded your jewelry, you may have been pierced with another high-quality metal, such as titanium, 14k gold, or niobium.

You will take digital copies (photos) of your receipt and/or consent form during your visit. These photos will have your initial jewelry information on them, including the size and style.

ALL SALES ARE FINAL!

We DO NOT provide any warranty for our jewelry.

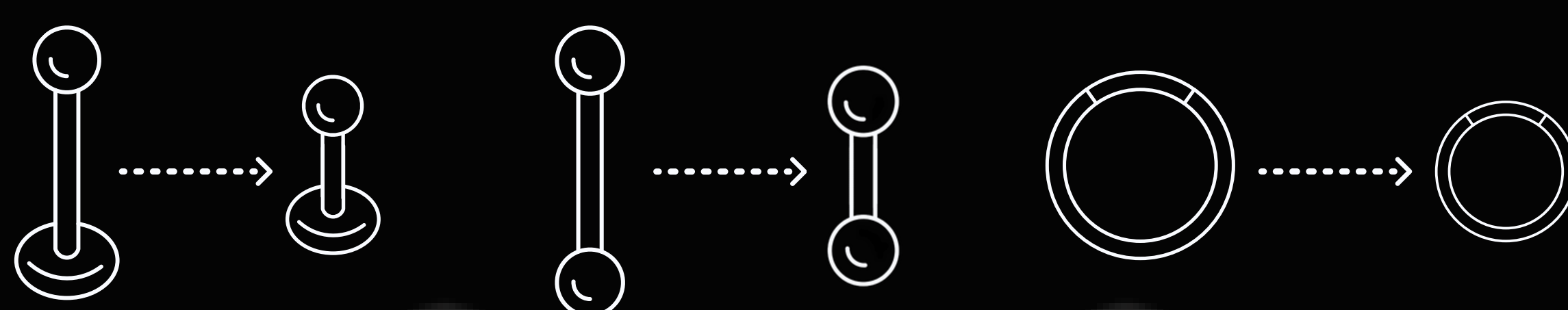
We are not responsible for anything that may happen to your jewelry once you leave the facility and it is in your care.

Please respect your investment!

If your jewelry is threaded, please make sure you are checking the tightness of the ball/gem top(s) DAILY as part of your aftercare routine. Please ensure your hands have been thoroughly washed with soap and warm water before checking tightness or cleaning.

**ASTM F-138 compliant, EEC Compliant, or ISO 5832-1 Compliant; ISO 10993-6,10, or 11 compliant.*

INITIAL JEWELRY DOWNSIZING



All initial jewelry is longer in length or larger in diameter to compensate for swelling, which can be very significant for some but will vary from person to person. Once your piercing has healed for a bit and any swelling has reduced, the jewelry will need to be downsized. In most cases*, we can downsize the initial jewelry length/diameter after a minimum of 4 weeks from the day it was originally pierced, as long as it appears to be healing well.

To ensure adequate and safe healing, please allow for this initial healing phase to pass before downsizing or changing your jewelry. We WILL NOT downsize your jewelry if your piercing is not ready. The skin fistula, or "tunnel", which is healing around your jewelry is very delicate during this time and can be easily irritated or damaged if the jewelry is changed prematurely. We **DO NOT** recommend removing or switching out your jewelry if your piercing is swollen, irritated, or if you have a piercing bump, as this may increase swelling and/or irritation and prolong healing.

REMEMBER: 4 WEEKS IS NOT A GUARANTEE. IN SOME CASES, WE MAY ADVISE YOU TO WAIT LONGER.

It is at YOUR PIERCER'S DISCRETION when to downsize your jewelry. This is for the health and safety of your piercing!

To avoid complications, please consult your piercer about downsizing before attempting to do so yourself.

**Not applicable to nostril pins or dermal/surface piercings.*

RE-PIERCING

For most **body piercings**, we advise waiting at least 4 weeks before attempting to re-pierce the same spot. For **dermal and surface piercings**, we advise waiting at least 4 months. However, in some cases, we will recommend waiting longer before attempting to re-pierce an area.

Evaluation is done on a case-by-case basis. There are no one-size-fits-all recommendations, and each client/scenario is different. Sometimes waiting longer to re-pierce is the best decision for an ideal outcome. Your piercer reserves the right to make that decision based on your individual needs.

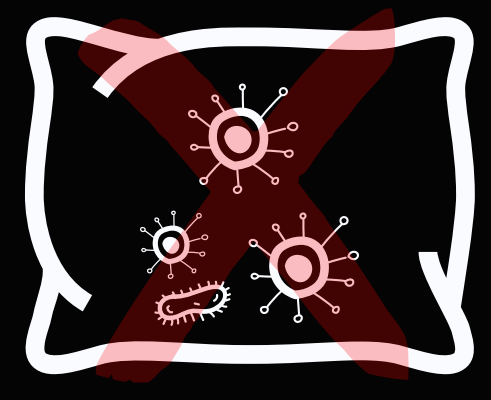
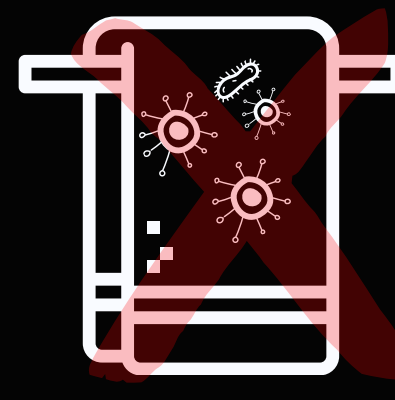
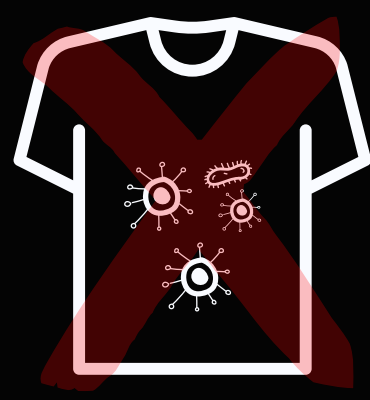
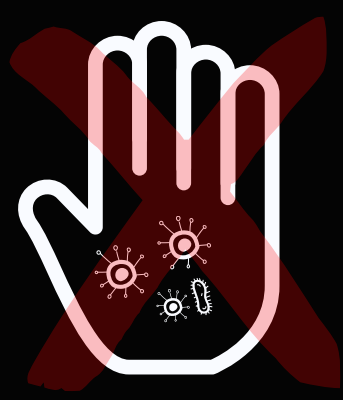
If you are interested in getting a spot re-pierced, please return to the shop to discuss your ideas with your piercer.

WARNING

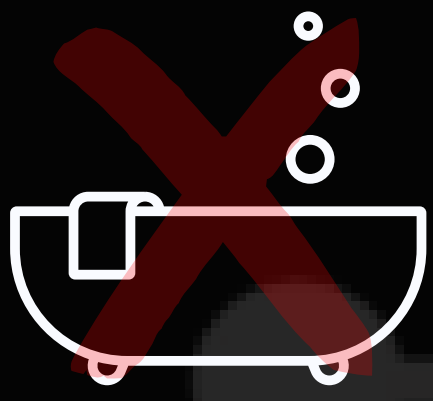
Your new piercing is a puncture wound and should be treated with extreme care! The piercing site is a direct route to your bloodstream and is highly susceptible to complications if improperly cared for or neglected. Some temporary lifestyle changes may be required during the healing period to ensure your health and safety.

During the healing period:

- Please refrain from touching your piercing/jewelry with dirty hands or objects (i.e., phone), wearing dirty clothes that may touch/rub against the piercing, drying off with dirty/used towels, and/or sleeping on dirty bedding.



- Please avoid soaking your piercing in the bath or hot tub to prevent it from getting "waterlogged".
- Please avoid submerging your piercing in treated water, such as pools or hot tubs, as chlorine can over-dry your new piercing.
- Please avoid entering natural bodies of water (i.e., rivers, lakes, oceans, etc.), as they are teeming with bacteria and debris that could enter your bloodstream and harm you/your piercing.



In case of accidental or suspected exposure, we recommend that you perform your aftercare routine as soon as possible!

REMINDER

DON'T:

**TOUCH OR PLAY WITH YOUR
PIERCING OR JEWELRY!**

DO:

**SEE YOUR PIERCER IF YOU
HAVE ANY CONCERNS!**

Failure to care for your piercing according to your piercer's recommendations can result in adverse healing results, including, but not limited to, irritation, infection, rejection/migration, and/or permanent scarring!



If you have a body piercing, continue to Section 1.

*If you have a dermal or surface piercing,
please see Section 2.*

SECTION 1

BODY PIERCINGS

This section is for all body piercings; this includes **ear**, **nose**, **facial**, **navel (belly button)**, **nipple**, **genital**, **lip**, **cheek**, **tongue**, and **webbing** piercings.

Navigate to the appropriate chapter for your piercing and follow the aftercare guidance as instructed. Each chapter is color-coded for your convenience. You may need to perform more than one aftercare routine, depending on the number and/or type of piercings that you received.

EXTERNAL PIERCINGS

(involving the outer skin only)

Ear, Nose, Facial, Navel (belly button), Nipple, & Genital piercings

ORAL PIERCINGS

(involving both the inner & outer mouth skin)

Lip & Cheek piercings

INTRA-ORAL PIERCINGS

(involving the inner mouth skin only)

Tongue & Webbing piercings



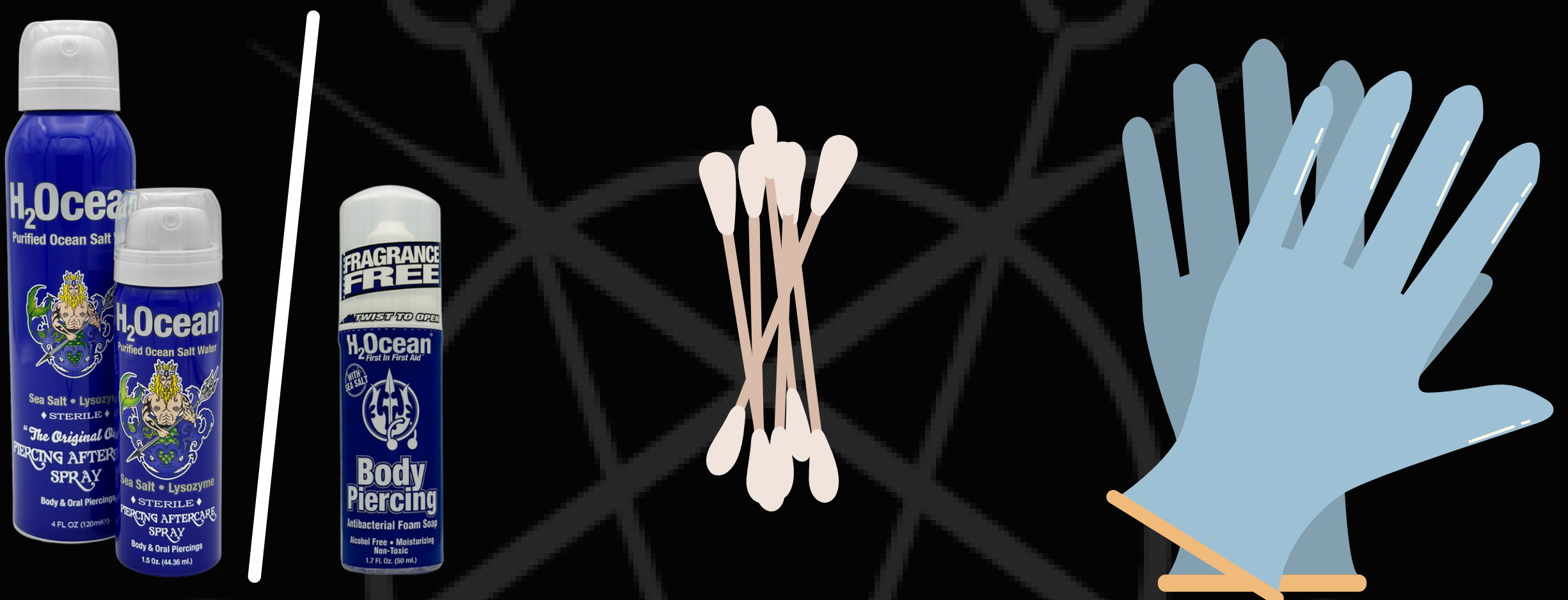
EXTERNAL PIERCINGS

1. Aftercare Supplies Checklist
2. Preparation & Tips
3. Aftercare Routine
 - a. Before You Begin
 - b. Instructions
4. Healing Times & Important Information

AFTERCARE SUPPLIES CHECKLIST

You will need:

- H2Ocean® Body Piercing Spray/Foam
- Cotton swabs
- Disposable gloves (nitrile/latex) *useful for tightening jewelry*



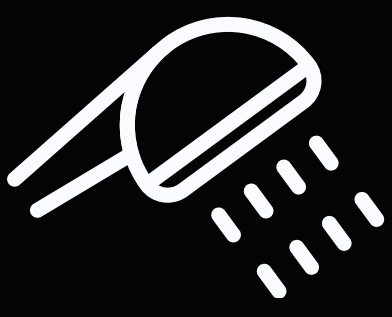
PREPARATION & TIPS

- Once you have the supplies needed, you may begin your aftercare routine in the evening on the day you were pierced.
- Perform your aftercare routine twice daily for the specified healing time (*see Healing Times & Important Information*). Please do not clean your piercing more often than is advised, as this may lead to irritation.
- If you need more aftercare solution, we have some available in-store and online for your convenience.
- If you have any questions, please refer to this aftercare guide. If you have any concerns about your piercing, please come in to see a piercer for the best help and advice.

AFTERCARE ROUTINE

Perform your aftercare routine twice daily (once after waking up and again before bed) for the entire specified healing time (see Healing Times & Important Information).

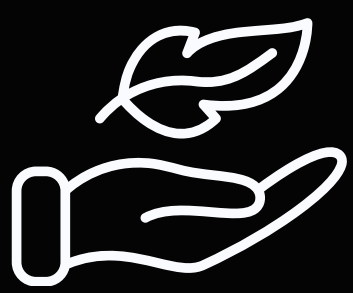
BEFORE YOU BEGIN



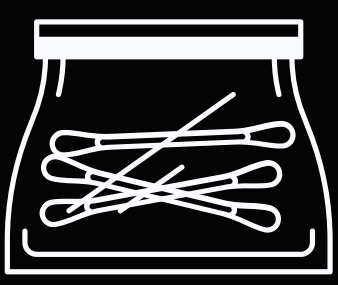
Always rinse your piercing under warm shower water before starting your aftercare routine. This helps to gently clear away sweat, dirt/debris, oil, makeup, and bacteria from your skin, and also softens the dried fluid “crusties”, making them easier to remove.



Please remember to use ONLY the H2Ocean® Body Piercing Spray/Foam to clean your piercing. Please DO NOT use face wash, body wash, or soap of any kind to clean the area. Please avoid getting hair or body products directly on your piercing when showering. Be sure to thoroughly rinse away any residual hair or body products that may have come in contact with the piercing site before exiting the shower.



Be as gentle as possible with the jewelry while cleaning your piercing site, as moving it too much can cause damage to the fistula, or “tunnel”, that is being created as your skin heals around the jewelry.



We recommend storing your cotton swabs in a clean, resealable baggie. This will prevent germs and bacteria from contaminating the cotton swabs.



Always use a fresh towel to dry off after showering and/or cleaning your piercing. *Remember to avoid snagging your jewelry!*



Make sure you have fresh bedsheets and pillowcases to sleep on, washing them weekly at a minimum.

INSTRUCTIONS

Step 1:

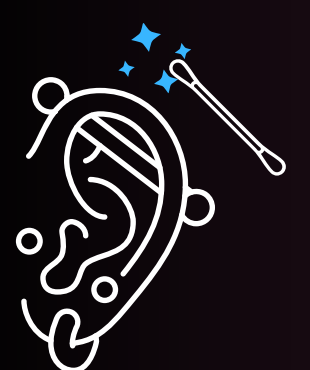


After rinsing your piercing in the shower, wash your hands for 30 seconds using warm water and antibacterial soap. Rinse completely. Dry using a clean paper towel.

Step 2:

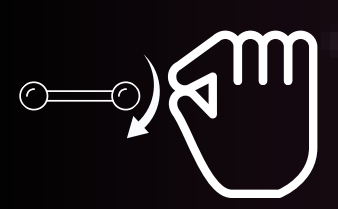


Use the H2Ocean® Body Piercing Spray/Foam to saturate a clean cotton swab. Use the saturated cotton swab to gently clean around the piercing site and jewelry. *You may find it easier to use a second cotton swab to hold the jewelry in place as you clean.*



Repeat with as many cotton swabs as needed. To prevent any transfer of debris, we recommend using a new cotton swab for each entry and exit - never "double dip"!

Step 3:



If your jewelry is threaded, use this time to ensure your ball/gem tops are secure by tightening them as needed (right to tighten, left to loosen). You may find gloves helpful for securing your grip on the jewelry. *Remember to be as gentle as possible when tightening!*

Step 4:



After you've cleaned your piercing and tightened your jewelry (if applicable), apply a small amount of the H2Ocean® Body Piercing Spray/Foam directly onto your piercing.



Allow to air dry.

Step 5:



In addition to your twice-daily aftercare routine, repeat Steps 1-4 after exercising or participating in any activity where your piercing may have been contaminated with sweat, dirt, or other bacteria.



Steps 1-4

HEALING TIMES & IMPORTANT INFORMATION

Find your piercing listed below. Perform your aftercare routine as directed for the entire specified healing period.

Ear Piercings

Anti-Tragus, Conch, Daith, Earlobe, Helix, Forward Helix, Flat, Industrial, Orbital, Rook, Snug, Transverse/Horizontal Lobe, Tragus, Vertical Helix

Healing Period

Earlobe & Transverse/Horizontal Lobe: 4 to 8 weeks

All others: 6+ months

Important Information

- Cartilage piercings are prone to developing unstable (hypertrophic) scarring and/or granulation tissue (a piercing bump) near the piercing site. Usually, they are tender. **DO NOT** attempt to pop, stab, or otherwise disturb the affected skin. See the *Granulation Tissue (Piercing Bumps)* section for advice on how to care for them.
- Please avoid sleeping on your new piercing as much as possible, as added pressure may increase the likelihood of unstable scarring/piercing bumps, cause irritation, extend the healing time, and/or promote migration. *A travel neck pillow may help you to avoid sleeping on your ear piercings.*
- Please avoid getting any hair or body products into/on your piercing. Rinse your piercing thoroughly with warm shower water after using any hair or body products.
- For pain or swelling relief, you may use oral over-the-counter medication (i.e., Tylenol, ibuprofen, etc.) as needed.

Nose Piercings

High Nostril, Mantis, Nostril, Septum, Septril

Healing Period

Septum: ± 4 weeks

All others: 10 to 12 weeks

Important Information

- Cartilage piercings are prone to developing unstable (hypertrophic) scarring and/or granulation tissue (a piercing bump) near the piercing site. Usually, they are tender. **DO NOT** attempt to pop, stab, or otherwise disturb the affected skin. See the *Granulation Tissue (Piercing Bumps)* section for advice on how to care for them.
- Please avoid sleeping on your new piercing as much as possible, as added pressure may increase the likelihood of unstable scarring/piercing bumps, cause irritation, extend the healing time, and/or promote migration.
- Please avoid getting any makeup or facial products into/on your piercing. Rinse your piercing thoroughly with warm shower water after using any makeup or facial products.
- For pain or swelling relief, you may use oral over-the-counter medication (i.e., Tylenol, ibuprofen, etc.) as needed.

Facial Piercings

Bridge, Eyebrow

Healing Period

8 to 12 weeks

Important Information

- Bruising around the piercing site is very normal for these piercings due to their close proximity to the eye.
- Please avoid sleeping on your new piercing as much as possible, as added pressure may increase the likelihood of unstable scarring/piercing bumps, cause irritation, extend the healing time, and/or promote migration.
- Please avoid getting any makeup or facial products into/on your piercing. Rinse your piercing thoroughly with warm shower water after using any makeup or facial products.
- For pain or swelling relief, you may use oral over-the-counter medication (i.e., Tylenol, ibuprofen, etc.) as needed.

Navel (Belly Button) Piercings

Top Navel, Bottom Navel

Healing Period

6 to 9 months

Important Information

- Redness around the piercing site is very normal for these piercings for the first couple of months.
- Clothing waistbands should be worn below your navel to avoid irritation or piercing complications. **DO NOT** wear tight or restrictive clothing/accessories directly over the piercing site (i.e., no high-waisted clothing, waist trainers/corsets, bodysuits, belts, etc.). Please try to avoid snagging the jewelry when dressing/undressing.
- Please avoid participating in strenuous abdominal activities for at least 4 weeks (i.e., heavy stretching, yoga, sit-ups, etc.).
- Please avoid sleeping on your new piercing as much as possible, as added pressure may increase the likelihood of unstable scarring/piercing bumps, cause irritation, extend the healing time, and/or promote migration.
- Please avoid getting any body products into/on your piercing. Rinse your piercing thoroughly with warm shower water after using any body products.
- For pain or swelling relief, you may use oral over-the-counter medication (i.e., Tylenol, ibuprofen, etc.) as needed.

Nipple Piercings

Healing Period

4 to 6 months

Important Information

- Dried fluid "crusties" around the piercing site are very normal for these piercings for the first year or more. **DO NOT** pick these or any other scabs that may form, as this may lead to irritation and/or prolonged healing.
- Please avoid sleeping on your new piercing as much as possible, as added pressure may increase the likelihood of unstable scarring/piercing bumps, cause irritation, extend the healing time, and/or promote migration.
- Please avoid getting any body products into/on your piercing. Rinse your piercing thoroughly with warm shower water after using any body products.
- For pain or swelling relief, you may use oral over-the-counter medication (i.e., Tylenol, ibuprofen, etc.) as needed.
- Please avoid ALL oral contact with others (i.e., no licking, kissing, etc.) until your piercing is completely healed.

Genital Piercings

Healing Period

6 weeks to 8+ months

Important Information

- **DO NOT engage in sexual activity until your piercing has completely healed.** Sexual contact with a genital piercing during the initial healing phase can potentially be very dangerous for you and/or your partner. It can also disrupt and prolong the healing process. To ensure your safety while healing, please take this advice seriously; if ignored, the consequences can be very hazardous to your health.
- **DO NOT** wear tight or restrictive clothing directly over the piercing site. Undergarments should be solid fabric (i.e., no lace, mesh, etc.) to avoid snagging. Natural fabrics (i.e., cotton) are recommended for adequate airflow.
- Please avoid getting any body products into/on your piercing. Rinse your piercing thoroughly with warm shower water after using any body products.
- For pain or swelling relief, you may use oral over-the-counter medication (i.e., Tylenol, ibuprofen, etc.) as needed.
- Please avoid ALL oral contact with others (i.e., no licking, kissing, etc.) until your piercing is completely healed.



ORAL PIERCINGS

1. Aftercare Supplies Checklist
2. Preparation & Tips
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 - a. Before You Begin
 - b. Instructions
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AFTERCARE SUPPLIES CHECKLIST

You will need:

- H2Ocean® Body Piercing Spray/Foam & Healing Rinse
- Cotton swabs
- New toothbrush
- Disposable gloves (nitrile/latex) useful for tightening jewelry



PREPARATION & TIPS

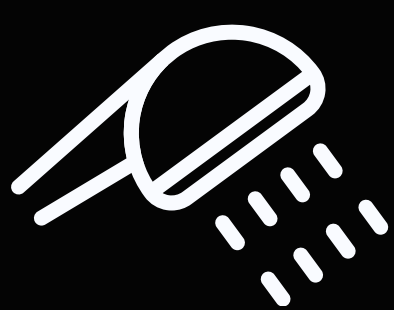
- Once you have the supplies needed, you may begin your aftercare routine in the evening on the day you were pierced.
- Perform your aftercare routine twice daily and **again after eating or drinking anything other than water** for the specified healing time (see *Healing Time & Important Information*). Please do not clean your piercing more often than is advised, as this may lead to irritation.
- If you need more aftercare solution, we have some available in-store and online for your convenience.
- If you have any questions, please refer to this aftercare guide. If you have any concerns about your piercing, please come in to see a piercer for the best help and advice.

AFTERCARE ROUTINE

Perform your aftercare routine twice daily (once after waking up and again before bed) for the entire specified healing time (see *Healing Time & Important Information*).

Use the H2Ocean® Healing Rinse again as needed throughout your day after eating or drinking anything other than water.

BEFORE YOU BEGIN



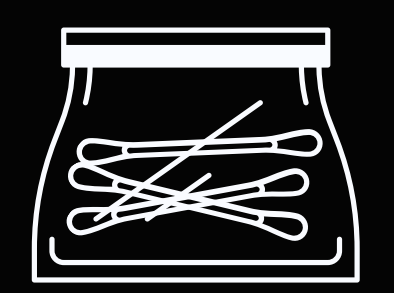
Always rinse the outer area of your piercing under warm shower water before starting your aftercare routine. This helps to gently clear away sweat, dirt/debris, oil, makeup, and bacteria from your skin, and also softens the dried fluid “crusties”, making them easier to remove.



Please remember to use **ONLY** the H2Ocean® Body Piercing Spray/Foam to clean the outer area of your piercing. Please **DO NOT** use face wash, body wash, or soap of any kind to clean the area. Please avoid getting hair or body products directly on your piercing when showering. Be sure to thoroughly rinse away any residual hair or body products that may have come in contact with the piercing site before exiting the shower.



Be as gentle as possible with the jewelry while cleaning your piercing site, as moving it too much can cause damage to the fistula, or “tunnel”, that is being created as your skin heals around the jewelry.



We recommend storing your cotton swabs in a clean, resealable baggie. This will prevent germs and bacteria from contaminating the cotton swabs.



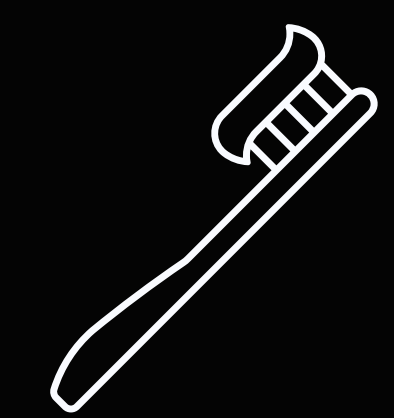
Always use a fresh towel to dry off after showering and/or cleaning the outer area of your piercing. *Remember to avoid snagging your jewelry!*



Make sure you have fresh bedsheets and pillowcases to sleep on, washing them weekly at a minimum.



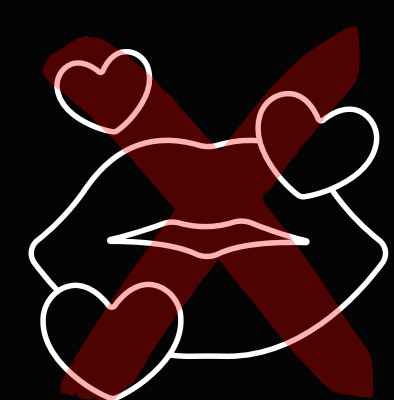
You will need to clean the inner area of your piercing after eating or drinking anything other than water. Please only use H2Ocean® Healing Rinse to do so, as it is specifically formulated for healing oral piercings. Store-bought mouthwash, hydrogen peroxide, and other such remedies are too harsh on new piercings and are not recommended for use during the healing period. *Be sure to ask about our small-size Healing Rinse, which is convenient for aftercare on the go!*



We highly recommend replacing your current toothbrush with a new one; toothbrushes harbor bacteria that can harm your new piercing. *Remember: NEVER brush your piercing directly!*



To avoid piercing irritation and possible complications, we recommend refraining from smoking/vaping, drinking alcohol, and consuming foods containing citrus, spicy, or dairy products until your piercing is completely healed.



For your and your partner's health and safety, please refrain from ALL oral/sexual contact with others while your piercing is healing (i.e., no licking or kissing the piercing, no sexual contact/fluids involving the piercing). This will prevent any potential irritation and/or transfer of bacteria into your piercing.

INSTRUCTIONS

Step 1:



After rinsing the outer area of your piercing in the shower, shake the bottle of H2Ocean® Healing Rinse well. Pour a small amount into the cap.



Gently swish around your mouth for 30 seconds. Be sure to rinse the cap before replacing it on bottle.



Spit out. Do not rinse your mouth; this will give the product time to work. H2Ocean® Healing Rinse is not harmful if swallowed.

Step 2:

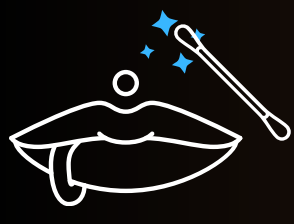


After using the H2Ocean® Healing Rinse, wash your hands for 30 seconds using warm water and antibacterial soap. Rinse completely. Dry using a clean paper towel.

Step 3:

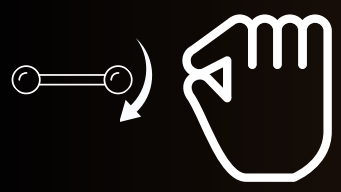


Use the H2Ocean® Body Piercing Spray/Foam to saturate a clean cotton swab. Use the saturated cotton swab to gently clean the outer area of your piercing and the jewelry. *You may find it easier to use a second cotton swab to hold the jewelry in place as you clean.*



Repeat with as many cotton swabs as needed. To prevent any transfer of debris, we recommend using a new cotton swab for each entry and exit - never "double dip"!

Step 4:



If your jewelry is threaded, use this time to ensure your ball/gem tops are secure by tightening them as needed (right to tighten, left to loosen). You may find gloves helpful for securing your grip on the jewelry. *Remember to be as gentle as possible when tightening!*

Step 5:



After you've cleaned your piercing and tightened your jewelry (if applicable), apply a small amount of the H2Ocean® Body Piercing Spray/Foam directly onto the outer area of your piercing.



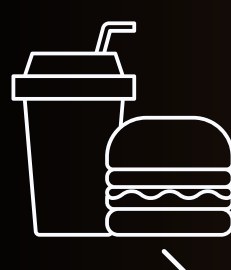
Allow to air dry.

Step 6:



In addition to your twice-daily aftercare routine:

- Repeat Steps 2-5 after exercising or participating in any activity where your piercing may have been contaminated with sweat, dirt, or other bacteria.
- Repeat Step 1 as needed after eating or drinking anything other than water (*you do not need to rinse the outside of your piercing in the shower first if only using the H2Ocean® Healing Rinse*).



HEALING TIME & IMPORTANT INFORMATION

Perform your aftercare routine as directed for the entire specified healing period.

Oral Piercings

Ashley, Bites (Angel, Canine, Cyber, Dolphin, Shark, Snake, & Spider), Cheek/Dimple, Dahlias, Jestrums, Traditional Lip, Horizontal Lip, Vertical Lip, Labret, Madonna/Monroe, Medusa, Vertical Labret, Double Vertical Lip (Upper or Lower)

Healing Period

8+ weeks

Important Information

- Please avoid sleeping on the outer area of your new piercing as much as possible, as added pressure may increase the likelihood of unstable scarring/piercing bumps, cause irritation, extend the healing time, and/or promote migration.
- Please avoid getting any makeup or facial products into/on your piercing. Rinse your piercing thoroughly with warm shower water after using any makeup or facial products. *If you need to moisturize your lips, we suggest using Emu Oil.*
- The intra-oral skin will appear white while the piercing is healing. If you were pierced with a stud, expect the inner disc to embed slightly into the skin over time, but **DO NOT** allow new skin to form over the disc.
- Please avoid smoking/vaping, drinking alcohol, and the consumption of citrus, spicy, or dairy products while your piercing is healing. Use the H2Ocean® Healing Rinse after eating or drinking anything other than water.
- Please be sure to begin with a new toothbrush. Remember to **NEVER** brush your piercing directly to clean it.
- Cool water or crushed ice can be held in the mouth to reduce swelling, but **DO NOT** suck on the ice.
- For pain or swelling relief, you may use oral over-the-counter medication (i.e., Tylenol, ibuprofen, etc.) as needed.
- Please avoid ALL oral contact with others until your piercing is completely healed.



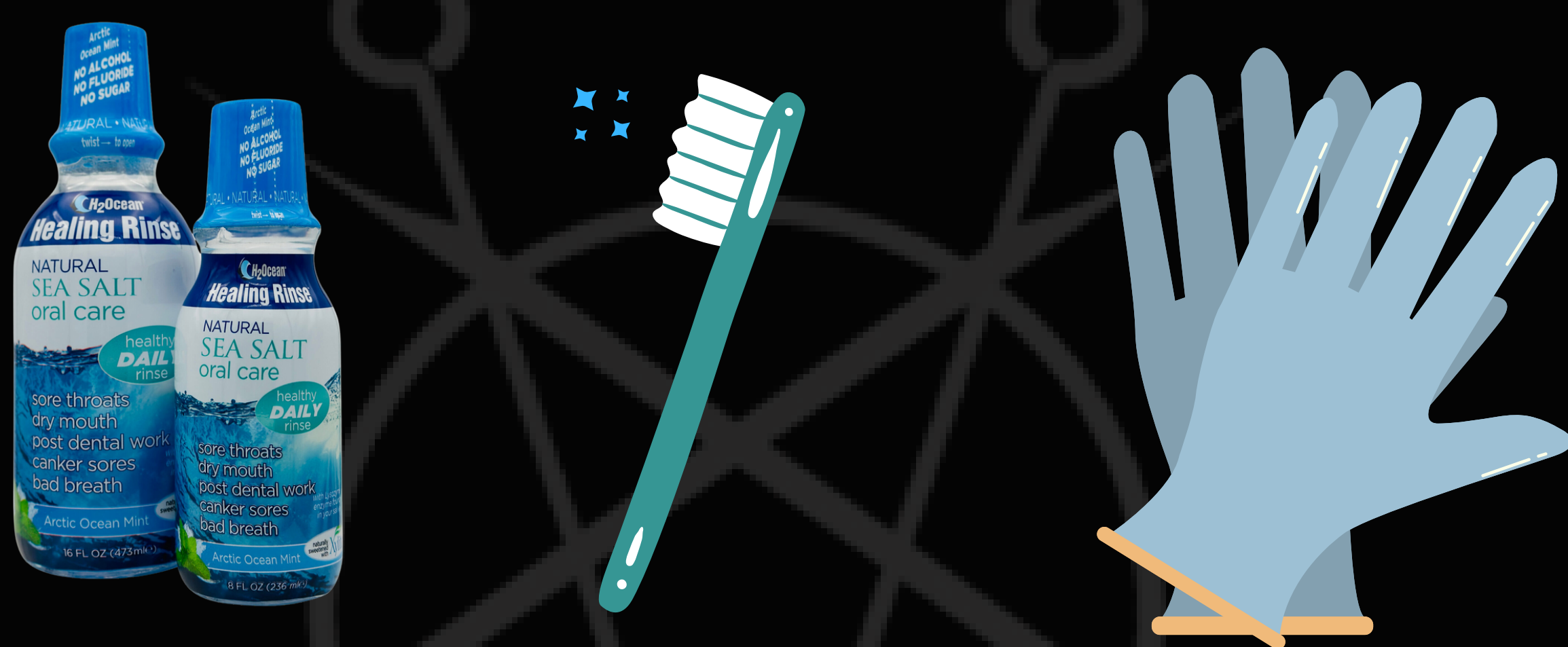
INTRA-ORAL PIERCINGS

1. Aftercare Supplies Checklist
2. Preparation & Tips
3. Aftercare Routine
 - a. Before You Begin
 - b. Instructions
4. Healing Time & Important Information

AFTERCARE SUPPLIES CHECKLIST

You will need:

- H2Ocean® Healing Rinse
- New toothbrush
- Disposable gloves (nitrile/latex) useful for tightening jewelry



PREPARATION & TIPS

- Once you have the supplies needed, you may begin your aftercare routine in the evening on the day you were pierced.
- Perform your aftercare routine twice daily and **again after eating or drinking anything other than water** for the specified healing time (see *Healing Time & Important Information*). Please do not clean your piercing more often than is advised, as this may lead to irritation.
- If you need more aftercare solution, we have some available in-store and online for your convenience.
- If you have any questions, please refer to this aftercare guide. If you have any concerns about your piercing, please come in to see a piercer for the best help and advice.

AFTERCARE ROUTINE

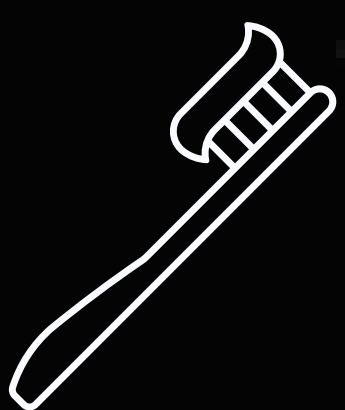
Perform your aftercare routine twice daily (once after waking up and again before bed) for the entire specified healing time (see *Healing Time & Important Information*).

Use the H2Ocean® Healing Rinse again as needed throughout your day after eating or drinking anything other than water.

BEFORE YOU BEGIN



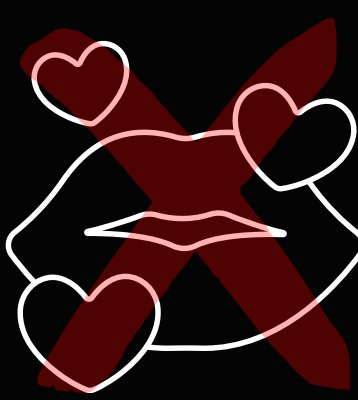
You will need to clean your piercing after eating or drinking anything other than water. Please only use H2Ocean® Healing Rinse to do so, as it is specifically formulated for healing oral piercings. Store-bought mouthwash, hydrogen peroxide, and other such remedies are too harsh on new piercings and are not recommended for use during the healing period. *Be sure to ask about our small-size Healing Rinse, which is convenient for aftercare on the go!*



We highly recommend replacing your current toothbrush with a new one; toothbrushes harbor bacteria that can harm your new piercing. *Remember: NEVER brush your piercing directly!*



To avoid piercing irritation and possible complications, we recommend refraining from smoking/vaping, drinking alcohol, and consuming foods containing citrus, spicy, or dairy products until your piercing is completely healed.



For your and your partner's health and safety, please refrain from ALL oral/sexual contact with others while your piercing is healing (i.e., no licking or kissing the piercing, no sexual contact/fluids involving the piercing). This will prevent any potential irritation and/or transfer of bacteria into your piercing.

INSTRUCTIONS

Step 1:



Shake the bottle of H2Ocean® Healing Rinse well. Pour a small amount into the cap.



Gently swish around your mouth for 30 seconds. Be sure to rinse the cap before replacing it on bottle.



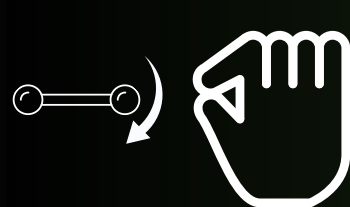
Spit out. Do not rinse your mouth; this will give the product time to work. H2Ocean® Healing Rinse is not harmful if swallowed.

Step 2:



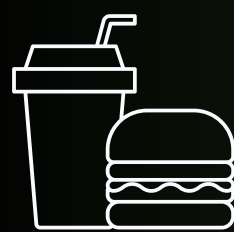
If your jewelry is threaded, use this time to ensure your ball/gem tops are secure.

First, wash your hands for 30 seconds using warm water and antibacterial soap. Rinse completely. Dry using a clean paper towel.



Once your hands are clean, tighten the ball/gem tops as needed (right to tighten, left to loosen). You may find gloves helpful for securing your grip on the jewelry. Remember to be as gentle as possible when tightening!

Step 3:



In addition to your twice-daily aftercare routine, repeat Step 1 as needed after eating or drinking anything other than water.



Step 1

HEALING TIME & IMPORTANT INFORMATION

Perform your aftercare routine as directed for the entire specified healing period.

Intra-Oral Piercings

Tongue, Venom Bites, Smiley, Frowny, Frenulum (tongue webbing)

Healing Period

± 4 weeks

Important Information

- The intra-oral skin will appear white while the piercing is healing.
- Please avoid smoking/vaping, drinking alcohol, and the consumption of citrus, spicy, or dairy products while your piercing is healing. Use the H2Ocean® Healing Rinse after eating or drinking anything other than water.
- Please be sure to begin with a new toothbrush. Remember to NEVER brush your piercing directly to clean it.
- Cool water or crushed ice can be placed in the mouth to reduce swelling, but **DO NOT** suck on the ice.
- For pain or swelling relief, you may use oral over-the-counter medication (i.e., Tylenol, ibuprofen, etc.) as needed.
- Please avoid ALL oral contact with others until your piercing is completely healed.



*If you have a dermal or surface piercing,
continue to Section 2.*

*If you DO NOT have a dermal or surface piercing,
please skip to the next section.*

SECTION 2

DERMAL & SURFACE PIERCINGS

This section is for dermal & surface piercings ONLY.

If you have a dermal or surface piercing, follow the compression and aftercare guidance as instructed. The section is color-coded for your convenience.

DERMAL & SURFACE PIERCINGS

(installed under the top layer of skin)

Surface Tragus, Anti-Eyebrow, Horizontal Eyebrow, & other various locations

PIERCER'S NOTE: *Dermal and surface piercings are not to be taken lightly. These types of piercings are high maintenance, requiring a lot of patience, cleaning, and constant care. Please know that you may need to make changes to your daily routine and/or general lifestyle to keep your piercing as long as possible.*

DERMAL & SURFACE PIERCINGS

1. Aftercare Supplies Checklist
2. Preparation & Tips
 - a. Compression & Cleaning Timeline
 - b. The Importance of Cleanliness
 - c. How to Make a Compression Bandage
3. Compression and Aftercare Routines
 - a. Before You Begin
 - b. Instructions
 - i. *Alternating Compression Routine*
 - ii. *Bedtime Compression Routine*
 - iii. *Work/School Compression Routine*
 - iv. *Initial Aftercare Routine (Day 2 - Day 7)*
 - v. *Regular Aftercare Routine (Day 8 and On)*
4. Healing Time & Important Information

AFTERCARE SUPPLIES CHECKLIST

You will need:

- H2Ocean® Body Piercing Spray/Foam
- 2x2 cotton gauze pads (*Band-Aid® Cushion Care*)
- Medical paper tape (*Band-Aid® Hurt-Free Paper Tape*)
OR adhesive bandages (*Band-Aid® Flexible Fabric*)
- Cotton swabs



PREPARATION & TIPS

- Once you have the supplies needed, **PLEASE WAIT 24 HOURS** after the initial piercing before removing the compression bandage and performing your first aftercare routine.
- From Day 2 to Day 7, perform the Initial Aftercare Routine as needed alongside the various compression routines. Beginning on Day 8, perform the Regular Aftercare Routine twice daily alongside the Bedtime Compression Routine for the rest of the specified healing period (see Healing Time & Important Information). Thereafter, we recommend continuing to perform the Regular Aftercare and Bedtime Compression routines twice daily for the lifetime of the piercing. Please do not clean your piercing more often than is advised, as this may lead to piercing complications.
- If you need more aftercare solution, we have some available in-store and online for your convenience.
- If you have any questions, please refer to this aftercare guide. If you have any concerns about your piercing, please come in to see a piercer for the best help and advice.

COMPRESSION & CLEANING TIMELINE

DAY 1	<ul style="list-style-type: none"> • LEAVE BANDAGE ON FOR 24 HOURS
DAY 2 through DAY 7	<ul style="list-style-type: none"> • Remove bandage after 24 hours • Initial Aftercare Routine (<i>as needed</i>) • Various Compression Routines <ul style="list-style-type: none"> ◦ <i>Alternating, Bedtime, and Work/School</i>
DAY 8+	<ul style="list-style-type: none"> • Regular Aftercare Routine • Bedtime Compression Routine

THE IMPORTANCE OF CLEANLINESS

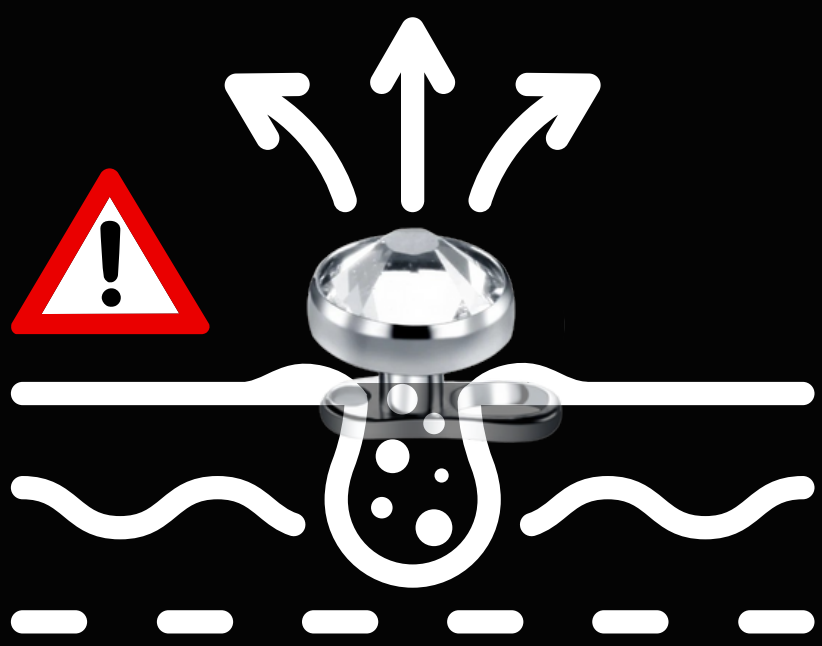


Some mollusks, such as Oysters, can form beautiful pearls when irritants such as food, sand, dirt, and other debris become trapped inside their shells. This helps to protect the Oyster's delicate tissues from irritation and damage.

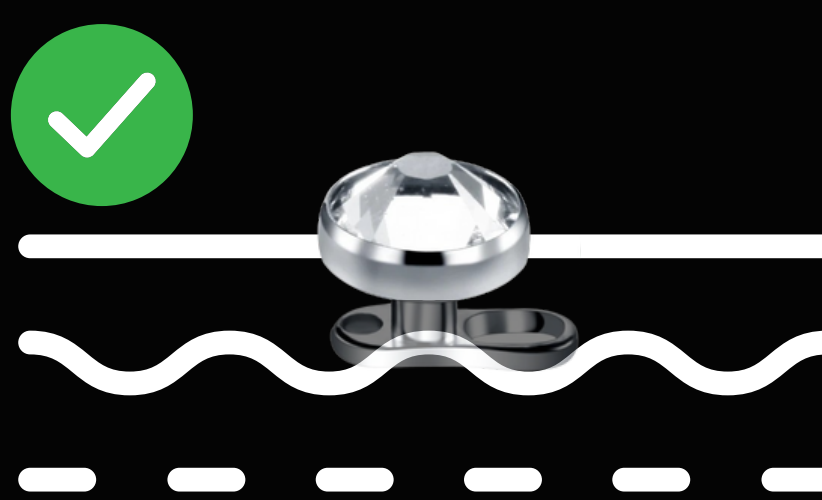
Similar to an oyster, your dermal or surface piercing can get irritated if any dirt, debris, or other small foreign material enters the pocket. However, instead of forming a pearl around the material like an oyster would, these tiny particles will accumulate inside the pocket, irritate the piercing, and eventually cause the jewelry to push out of your skin.

It is crucial to maintain your piercing's cleanliness to avoid this from happening. *This does not mean cleaning it more frequently!* Simply try your best to keep your piercing clean while going about your day, and closely follow all instructions on compression and aftercare routines. Be careful to avoid getting any facial or body products (i.e., makeup, sunscreen, etc.) into/on your piercing. Rinse your piercing thoroughly with warm shower water after using any body products that may have come in contact with it. To ensure it stays clean while you sleep, remember to follow the Bedtime Compression Routine every night.

It is also important to avoid getting your piercing overly wet or soaking it. Just like dirt and debris, trapped water in the piercing pocket can cause swelling, irritation, and push on the jewelry from inside the pocket, potentially causing it to tilt or fall out.



The presence of dirt/debris or water will push the jewelry out of the piercing pocket. The anchor/surface bar may start to become visible or push out through the skin.



The jewelry should sit flush against the top layer of skin, snugly inside the pocket.

IF YOU SUSPECT YOUR PIERCING IS CONTAMINATED AND/OR REJECTING, PLEASE COME IN TO SEE A PIERCER FOR ASSISTANCE.

If you need to have your piercing deep cleaned or jewelry removed, your piercer will be the best person to help you. Our professional cleaning service fee is **\$5 per piercing** and our professional removal service fee is **\$50 per piercing**.

HOW TO MAKE A COMPRESSION BANDAGE

IMPORTANT!

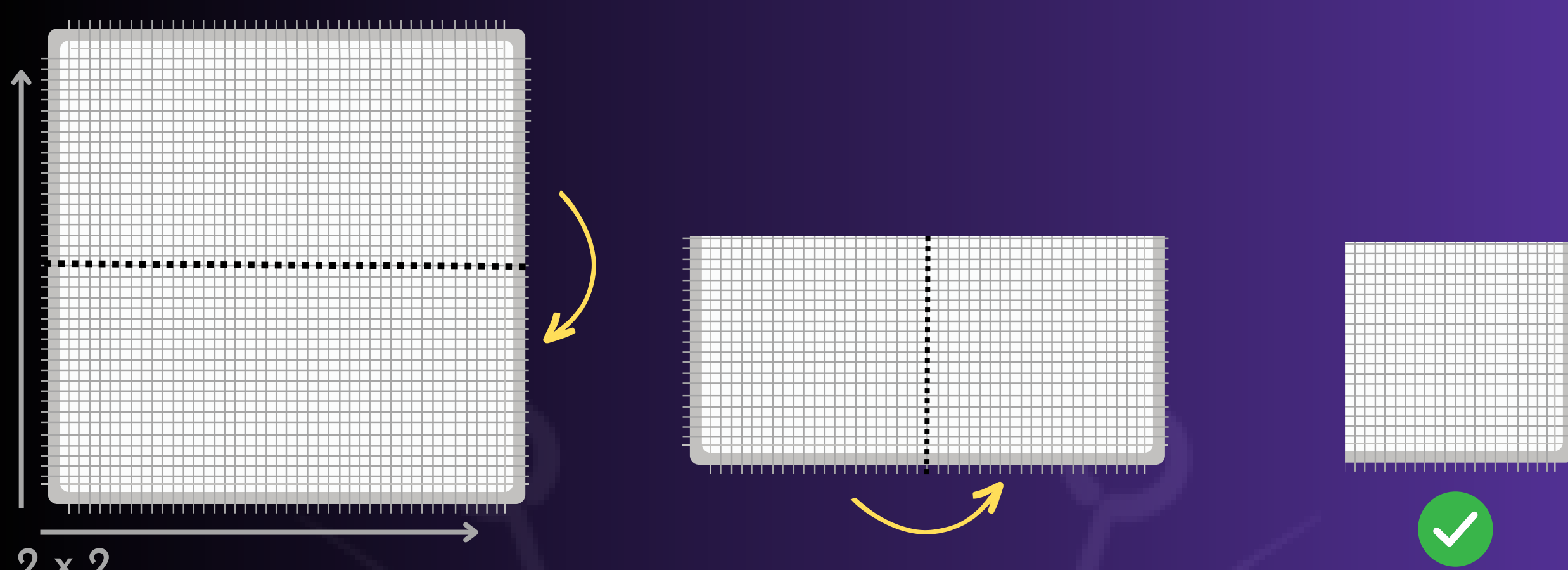
Please remember to wash your hands every time you change your compression bandage to prevent any transfer of bacteria!



Wash your hands for 30 seconds using warm water and antibacterial soap. Rinse completely. Dry using a clean paper towel.

Step 1:


Fold a gauze pad in half once, then fold it in half again to make a small square.



Step 2:

Place the folded gauze square directly onto your piercing, holding it in place using light pressure. With your other hand, secure the gauze into place using either medical tape or an adhesive bandage.



 If the tape/bandage is having trouble sticking to your skin, gently wipe the skin with 70% isopropyl (rubbing) alcohol to remove any excess oil or debris. Please remember to avoid getting any into your piercing.

Step 3:

Your compression bandage is now ready to wear.



COMPRESSION AND AFTERCARE ROUTINES

Please remember to leave your initial compression bandage on for 24 hours before performing your first aftercare routine.

From Day 2 to Day 7, perform the Initial Aftercare Routine as needed alongside the various compression bandage routines.

Starting on Day 8, perform the Regular Aftercare Routine alongside the Bedtime Compression Routine twice daily (once after waking up and again before bed) for the entire specified healing time (see *Healing Time & Important Information*).

Thereafter, we recommended continuing to perform the Regular Aftercare Routine alongside your Bedtime Compression Routine twice daily for the lifetime of the piercing.

BEFORE YOU BEGIN

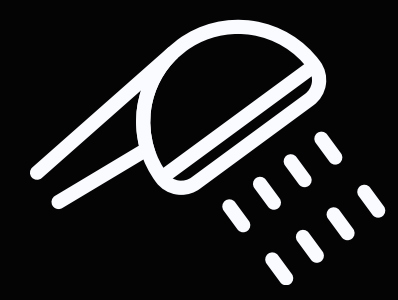


Please **DO NOT** soak your piercing (i.e., hot tub, bath, sea salt soaks, etc.), as soaking causes water to gather in the skin pocket.

If water fills the pocket, the area will swell slightly, placing pressure on the footplate (i.e., anchor), which can cause it to push up through the skin or make it tilt.



For the first 7 days after the initial piercing, please avoid getting your piercing overly wet. Only very light cleaning with H2Ocean® Body Piercing Spray/Foam is recommended during this time to ensure the jewelry properly anchors to the skin pocket (see *Initial Aftercare Routine*).



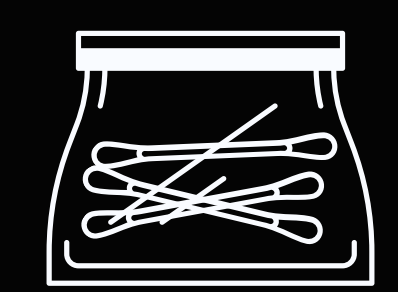
Before performing each **Regular Aftercare Routine** (Day 8+), you will GENTLY and BRIEFLY rinse your piercing under WARM shower water. This helps to gently clear away sweat, dirt/debris, oil, makeup, and bacteria from your skin and under the jewelry. Please ensure the water pressure is as gentle as possible and that you are rinsing very briefly to avoid waterlogging.



Please remember to use **ONLY** the H2Ocean® Body Piercing Spray/Foam to clean your piercing. Please **DO NOT** use face wash, body wash, or soap of any kind to clean the area. Please avoid getting hair or body products directly on your piercing when showering. Be sure to thoroughly rinse away any residual hair or body products that may have come in contact with the piercing site before exiting the shower.



Be as gentle as possible with the jewelry while cleaning your piercing site, as moving it too much can cause damage to the pocket that is being created as your skin heals around the jewelry.



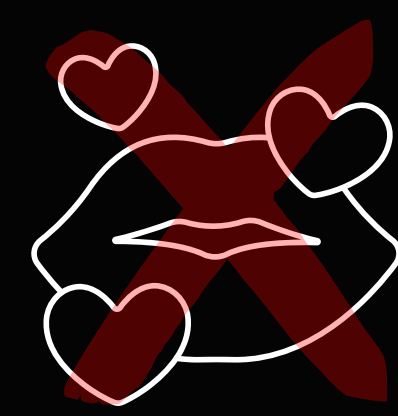
We recommend storing your cotton swabs in a clean, resealable baggie. This will prevent germs and bacteria from contaminating the cotton swabs.



Always use a fresh towel to dry off after showering and/or cleaning your piercing. *Remember to avoid snagging your jewelry!*



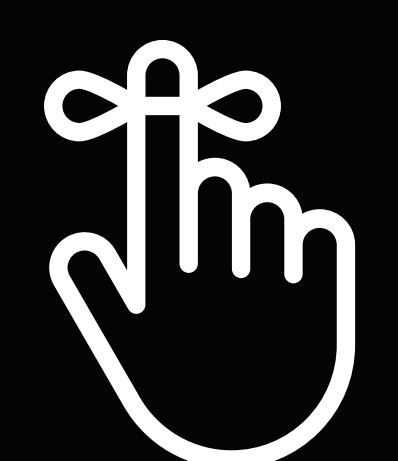
Make sure you have fresh bedsheets and pillowcases to sleep on, washing them weekly at a minimum.



For your and your partner's health and safety, please refrain from **ALL** oral/sexual contact with others while your piercing is healing (i.e., no kissing or licking the piercing, no sexual contact/fluids involving the piercing). This will prevent any potential irritation and/or transfer of bacteria into your piercing.



Please **DO NOT** clean your piercing aggressively, and **DO NOT** lift or tilt the jewelry up to clean the underside. Doing so can compromise the placement of the jewelry and cause damage to your skin.



To ensure proper hygiene, we suggest returning for a professional cleaning of your piercing after the initial 4 months have passed. Thereafter, we recommend returning to change the jewelry top(s) every 6 months. *Remember: your piercing is like an Oyster!*

INSTRUCTIONS

Day 1:

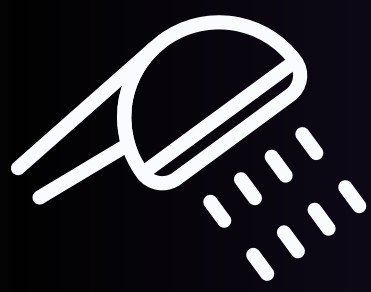


Please leave your initial compression bandage on for **24 HOURS** before removing it. This initial compression period will encourage the skin to begin forming the pocket that your jewelry will sit inside.

Day 2 - 7:



Once the first 24 hours have passed, you may **GENTLY** remove the initial compression bandage. *Please be very careful when taking it off as dried fluids can stick to the bandage and pull on the jewelry.*



Once the bandage is removed, **gently** and **briefly** rinse the piercing area under a **low-pressure** stream of **warm** shower water to soften any dried fluids. Gently pat dry with a clean towel. You may then perform your first **Initial Aftercare Routine**.



Once you have performed the **Initial Aftercare Routine**, you will begin your first **Alternating Compression Routine** by letting your piercing "breathe" without a compression bandage for the next 4 hours.

From Day 2 through Day 7, you will perform the:

- **Alternating Compression Routine** every 4 hours while you are awake and at home;
- **Bedtime Compression Routine** before you go to bed and again after you wake up;
- **Work/School Compression Routine** before you leave the house for work or school.

See the next section for detailed routine instructions.

Day 8+:



Once you reach Day 8, you will begin performing only the **Bedtime Compression Routine** alongside the **Regular Aftercare Routine**.

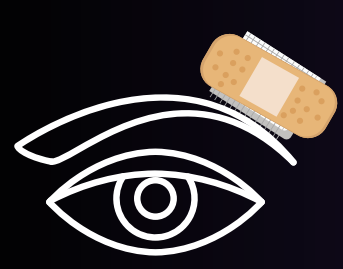


Perform both routines twice daily (i.e., after you wake up and before you go to bed) for the rest of the specified healing period (see *Healing Time & Important Information*).



To maintain your piercing's cleanliness and longevity, we recommend continuing to perform these routines twice daily for the entire life of your piercing.

ALTERNATING COMPRESSION ROUTINE



Once 4 hours without a compression bandage have passed, perform the Initial Aftercare Routine as needed and make a new compression bandage.



Wear the new bandage for 4 more hours. Once the bandage has been worn for 4 hours, remove it and perform the Initial Aftercare Routine as needed. You will then let your piercing "breathe" again for another 4 hours.



Repeat this alternating compression routine every 4 hours while you're awake. *You may find setting an alarm or reminder to be helpful.*

BEDTIME COMPRESSION ROUTINE



At bedtime, perform the Initial Aftercare Routine as needed* and make a new compression bandage. Wear the new bandage the entire time you are asleep (you do not need to interrupt your sleep to change it).



Remove the bandage after you wake up and perform the Initial Aftercare Routine as needed.*

**If beyond Day 7, perform the Regular Aftercare Routine.*

WORK/SCHOOL COMPRESSION ROUTINE



If you go to work/school: before you leave home, perform the Initial Aftercare Routine as needed and make a new compression bandage.



Wear it the entire time you are at work/school.

DO NOT change your compression bandage in a public restroom. Leave it on until you return home.



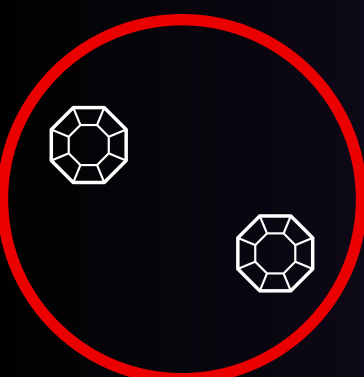
Remove the bandage once you return home. Perform the Initial Aftercare Routine as needed, then resume the Alternating Compression Routine for the rest of your waking hours.

INITIAL AFTERCARE ROUTINE (DAY 2 - DAY 7)

Step 1:



Immediately before applying or after removing a compression bandage, you will visually inspect your piercing site and jewelry:



Skip for now

If you **CANNOT** CLEARLY see any dried fluid "crusties" or other such debris around the piercing site and/or jewelry, please **skip this cleaning** until you need to change your bandage again, then repeat Step 1.



Go to Step 2

If you **CAN** CLEARLY see any dried fluid "crusties" or other such debris around the piercing site and/or jewelry, then you may **proceed to Step 2**.

Step 2:



Wash your hands for 30 seconds using warm water and antibacterial soap. Rinse completely. Dry using a clean paper towel.

Step 3:



Use the H2Ocean® Body Piercing Spray/Foam to saturate a clean cotton swab. Use the saturated cotton swab to very gently remove any visible, loose debris from the piercing site and/or jewelry. Please be extremely careful with your piercing while doing this. DO NOT lift or tilt the jewelry up to remove debris from the underside - just remove what you can see.



Repeat with as many cotton swabs as needed, but do not continue to clean if you cannot see or remove any more loose debris. To prevent any transfer of debris, we recommend using a new cotton swab for each jewelry top (if applicable) - *never "double dip"!*



If any dried fluid "crusties" cannot be removed easily, please leave them alone to fall off naturally. **DO NOT** force or pick them off, as this can pull the jewelry out of your skin.

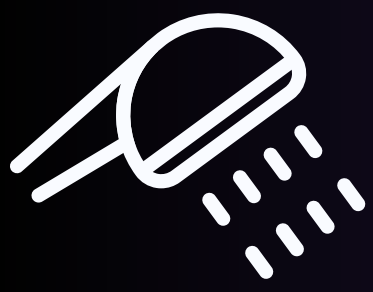
Step 4:



Once your piercing is clean, apply your compression bandage or leave it to "breathe", as is appropriate.

REGULAR AFTERCARE ROUTINE (DAY 8 AND ON)

Step 1:



Rinse your piercing GENTLY and BRIEFLY under WARM shower water. Please ensure the water pressure is as gentle as possible and that you are rinsing very briefly to avoid waterlogging.

Step 2:



After rinsing your piercing in the shower, wash your hands for 30 seconds using warm water and antibacterial soap. Rinse completely. Dry using a clean paper towel.

Step 3:



Use the H2Ocean® Body Piercing Spray/Foam to saturate a clean cotton swab. Use the saturated cotton swab to very_gently clean around the visible piercing area and jewelry, removing any loose debris that may be present. Please be extremely careful with your piercing while doing this. DO NOT lift or tilt the jewelry up to clean the underside - just lightly clean the area you can see.

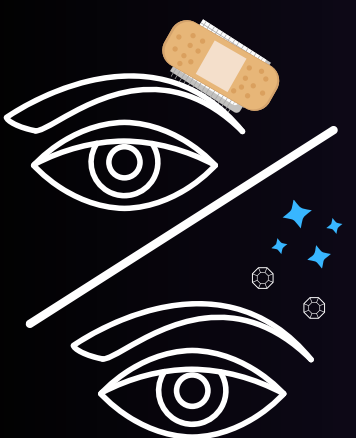


Repeat with as many cotton swabs as needed, but do not continue to clean if you cannot see or remove any more loose debris. To prevent any transfer of debris, we recommend using a new cotton swab for each jewelry top (if applicable) - *never "double dip"!*



If any dried fluid "crusties" cannot be removed easily, please leave them alone to fall off naturally. **DO NOT** force or pick them off, as this can pull the jewelry out of your skin.

Step 4:



Once your piercing is clean, apply your compression bandage or leave it to "breathe", as is appropriate.

HEALING TIME & IMPORTANT INFORMATION

Perform your compression and aftercare routines as directed for the entire specified healing period, continuing through the lifetime of the piercing, as is recommended.

Dermal & Surface Piercings

Surface Tragus, Anti-Eyebrow, Horizontal Eyebrow, & other various locations

Healing Period

3 to 6 months

Important Information

- **DO NOT soak your piercing** (i.e., sea salt soak, hot tub), as soaking causes water to gather in the skin pocket. If water fills the pocket, the area will swell slightly, placing pressure on the footplate (i.e., "anchor"), which can cause it to push up through the skin or make it tilt.
- Bruising is very normal for these types of piercings due to the nature of the piercing and/or location on the body.
- **DO NOT touch, lift/pull, or play with the jewelry or skin around the jewelry** under any circumstances (even if your piercing is healed). Moving the jewelry around breaks the delicate healing tissue that is trying to form around the anchor and can also grind dirt, germs, and bacteria into the wound which can cause irritation and/or infection.
- **DO NOT pick any dried fluid "crusties"** that may form around the jewelry; doing so may cause the jewelry to be pulled out of the skin. Let any scabs or dried fluids fall off naturally, and do not force or pick them off while cleaning.
- Please avoid sleeping on your new piercing as much as possible, as added pressure may increase the likelihood of unstable scar development, cause irritation, extend the healing time, and/or promote migration.
- Please avoid getting any makeup or facial/body products into/on your piercing. Rinse your piercing thoroughly with warm shower water after using any facial/body products.
- For pain or swelling relief, you may use oral over-the-counter medication (i.e., Tylenol, ibuprofen, etc.) as needed.
- Please avoid any activities where your piercing may be touched by another person or come in contact with another person's bodily fluids (i.e., no kissing or licking the piercing, no sexual contact involving the piercing).
- Dermal and surface piercings can appear to be healed as early as 2 weeks after being pierced; however, they will require a MINIMUM of 3 to 6 months for proper initial healing. During this time, we recommend that you **DO NOT** change your jewelry top(s), as it can put excessive pressure on your new piercing. Improper care of your piercing can result in permanent scarring.
- We recommend coming back in after the first 4 months to have your piercing professionally cleaned; jewelry top(s) should be changed out by your piercer every 6 months on average thereafter to maintain cleanliness.



SECTION 3

HELP & ADVICE

This section contains detailed information on common piercing issues and our piercer's advice on how to help them.

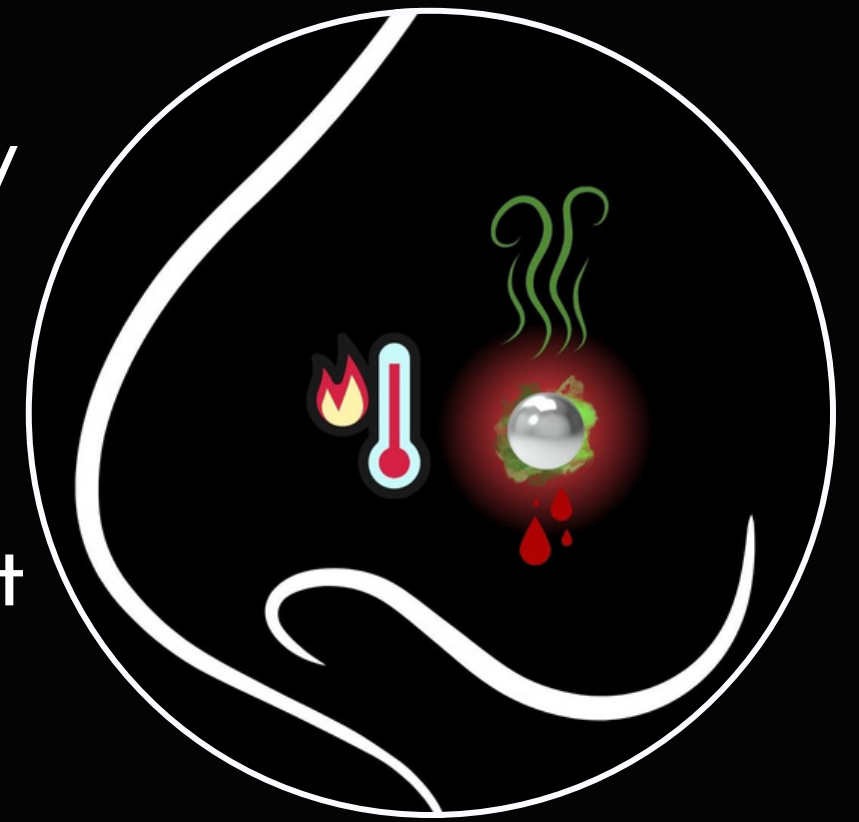
If your issue is not addressed in this section and/or you need in-person assistance, we recommend returning to the shop to speak with your piercer.

INFECTION VS IRRITATION

WHAT TO KNOW & WHAT TO DO

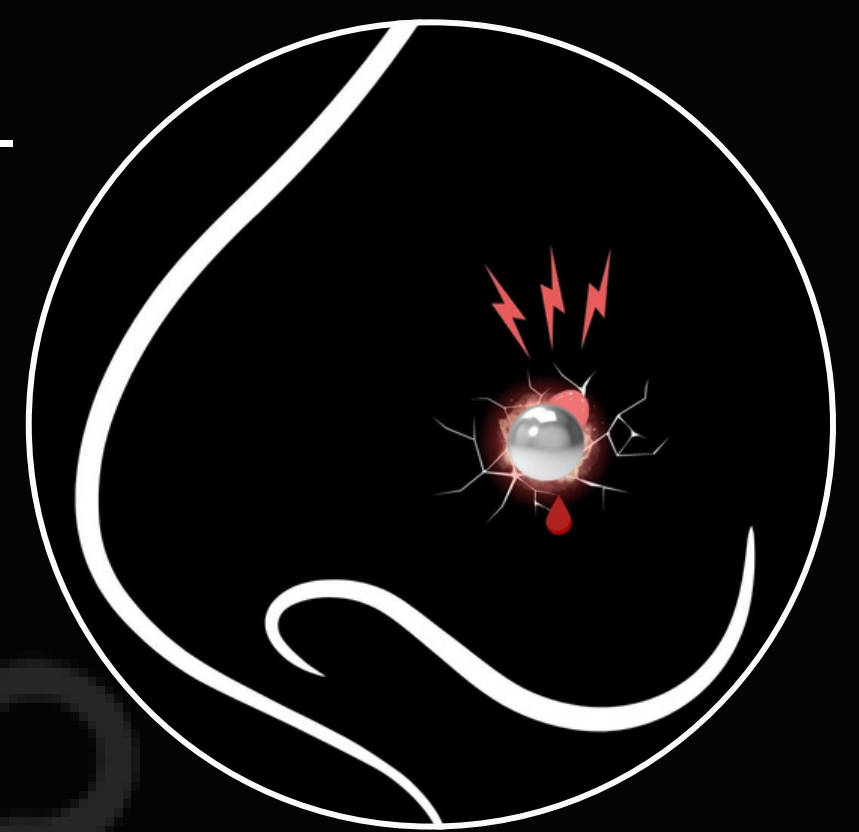
Many people commonly mistake piercing irritation for an infection. *But how can you tell the difference?*

A true infection can be identified by relatively sudden inflammation (i.e., red, swollen, and warm to the touch) accompanied by discharge of yellow-green colored pus, foul odor, and/or excessive bleeding. If you suspect you have an infection, *consult your piercer immediately!* Do not wait for it to get worse, and **DO NOT** attempt a home remedy.



Infection

If your piercing is tender, red, swollen, dry/peeling/flaking, discharging clear to light-yellow fluid, bleeding slightly, and/or has a solid (not fluid-filled) bump, it is more than likely just irritated. While it is normal to experience some of this during the healing period, irritation typically lets you know that the piercing site is being subjected to excessive abuse or trauma.



Irritation

The **most common reasons** for piercing irritation are:

- touching the piercing/playing with the jewelry
- pulling at/stretching the piercing area and surrounding skin
- sleeping on your piercing
- snagging the jewelry
- wearing clothing too tightly and/or directly over the piercing
- over-cleaning (i.e., more than twice a day)
- improper/inconsistent aftercare or general neglect

It's important to note that the most common reason for piercing irritation is touching the piercing/playing with the jewelry (especially with unwashed hands). It's human instinct to want to investigate something new on our bodies, like a piercing. However, please try your very best to remember to **NOT TOUCH OR MOVE** your piercing or jewelry, no matter how tempting it may be! *This includes purposely moving oral/intra-oral piercings around with your tongue or teeth.* Excess movement can damage the skin fistula, or "tunnel", causing undue irritation and adverse healing results. The best thing you can do for your piercing is keep the jewelry as stationary as possible while it's healing.

It may take a little while to get used to your new piercing being there, but please try to **keep it in mind while going about your normal daily activities**, such as:

- showering/drying off
- changing your clothes
- brushing your teeth
- doing your hair/makeup
- playing with/being around young children or pets
- sleeping
- any other activity that may indirectly involve your piercing

If your piercing is irritated, consider exactly how you are caring for it on a day-to-day basis. Once the source of irritation is identified and eliminated, the symptoms should disappear, and your piercing will be able to continue healing safely.

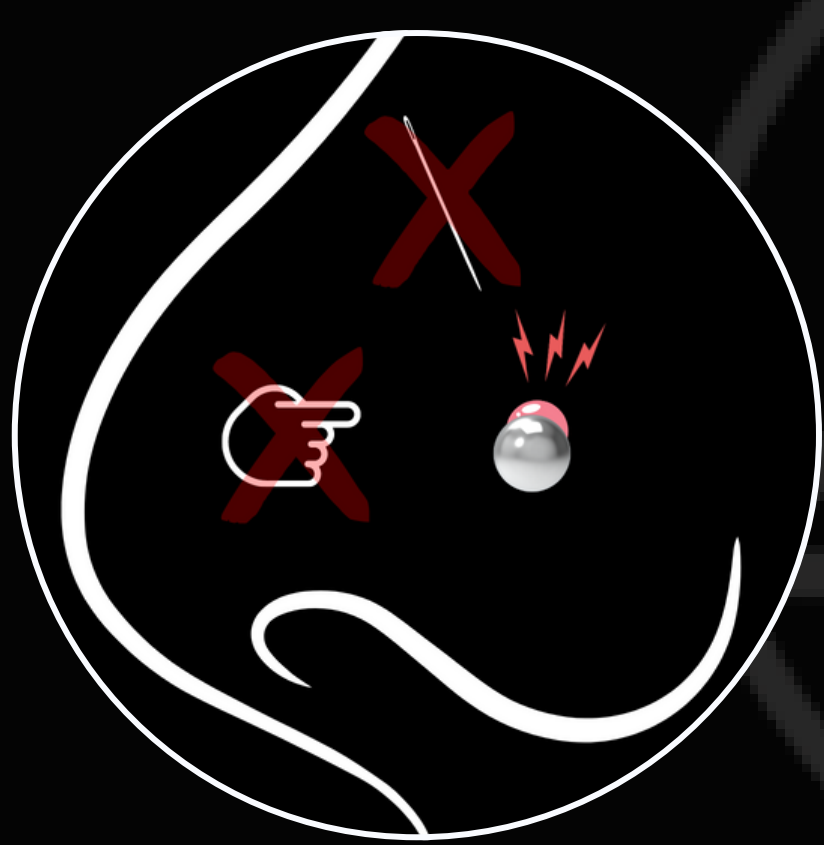
PLEASE NOTE: *If you suspect that your piercing irritation is from an allergic reaction to steel jewelry, please come in to see a piercer. We may be able to change the steel jewelry to titanium, which is a better choice for those with sensitive skin.*

GRANULATION TISSUE (PIERCING BUMPS)

If you've noticed a bump near your new piercing, don't worry! It's likely just granulation tissue, commonly known as a piercing bump. These bumps are quite common in new piercings (particularly cartilage piercings in the upper/inner ear or nose) and are often mistaken for an allergic reaction or infection.

What is granulation tissue?

Granulation tissue is a type of connective tissue that forms on the surface of wounds during healing. This tissue contains various important cells that create new skin structures, form the new extracellular matrix, destroy damaged cells, protect against infection, and provide nutrients via microscopic blood vessels (you may notice a red/pink color from these new blood vessels that are forming). If you see the presence of granulation tissue on your new piercing, rest assured that your body is just doing its job to form a new layer of skin over the wound.



DON'T

DO NOT TRY TO POP, STAB, OR OTHERWISE DISRUPT THE BUMP.

The more you disturb the affected area while it's actively trying to heal, the more irritated it will become. This can also cause the tissue to grow larger, prolonging the healing process. In some cases, it may even become infected. Leaving the bump alone while it heals the skin is the best thing you can do for it.



DO

Overall, time is the biggest factor when it comes to healing piercing bumps. With a little extra care and patience, the granulation tissue will eventually reduce and disappear. For the best overall healing results, please make sure that you're performing the aftercare routine specified for your piercing, using ONLY H2Ocean® aftercare products for cleaning, and closely adhering to the advice given in this guide.

If you are currently experiencing a piercing bump, you may opt to treat it with Emu Oil or Tea Tree Oil (diluted) to try to help reduce the granulation tissue. We have both Emu Oil and Tea Tree Oil available in-store and online.

PLEASE NOTE: Tea Tree Oil is only recommended for piercings that are at least 6 weeks old. Always consult your piercer before beginning any piercing bump treatment. See the next section for more information.

EMU OIL & TEA TREE OIL INFORMATION

EMU OIL

Emu Oil is made from a layer of fat from the Emu, a bird native to Australia. It has been used for thousands of years by Australian Aboriginals to treat skin afflictions, such as burns, wounds, and bruises, and as a pain reliever for bone, muscle, and joint disorders. When used as a topical skin treatment, Emu Oil can be helpful for various needs, including new piercings, skin stretching (i.e., earlobes), minor skin irritations (itching, burning, dry skin, etc.), and for treating piercing bumps.



Emu Oil is made up of approximately 70% unsaturated fatty acids. The largest component of Emu Oil is oleic acid, a mono-unsaturated omega-9 fatty acid that has an anti-inflammatory effect on dermal tissue, an identifiable anti-degenerative effect on skin cells, and a natural absorption to the skin. Emu Oil also has approximately 20% linoleic acid, an omega-6 fatty acid, which is known to temporarily ease joint pain. Emu Oil is almost 100% triglyceride in nature, meaning that it is almost a completely neutral lipid. Additionally, Emu oil is a unique transdermal carrier, as it lacks phospholipids; human skin is naturally deficient in phospholipids, so it absorbs more efficiently.

Even though it is oil, Emu Oil has been clinically proven to be a non-comedogenic substance (i.e., doesn't clog pores). Studies have also shown that Emu Oil reduces scar formation in burn wounds, surgical incisions, and other topical skin abrasions, significantly reduces recent keloid scarring, strengthens the skin (giving the skin more elasticity) and reduces unwanted skin pigmentation, as well as aids in the relief of arthritic pain with its natural anti-inflammatory properties.

The manufacturer states that their oil is certified as fully refined and meets and exceeds the industry standards established by the American Emu Association (AEA).

According to studies, there have been no known allergic reactions to Emu Oil.

Emu Oil has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

TEA TREE OIL



Tea Tree Oil, also known as melaleuca oil, is an essential oil made from steaming the leaves of the Australian tea tree. It is known for its natural antibacterial, anti-fungal, and antiseptic properties. When used topically, it can be helpful with treating superficial skin conditions and improving the overall appearance of your skin. It also promotes wound healing.

For these reasons, Tea Tree Oil is commonly used as a treatment for piercing bumps, as it can help the granulation tissue heal more efficiently around the piercing wound.

PLEASE NOTE: *Tea Tree Oil may cause skin irritation for some people. Consult your doctor before use. You should not use Tea Tree Oil if you have eczema. Tea Tree Oil should never be used orally and should always be diluted with distilled water before use to prevent irritation or burns. Treatment of piercing bumps with Tea Tree Oil should only be done on piercings that are at least 6 weeks old. Always consult your piercer before using Tea Tree Oil on your piercing to avoid complications.*

If you have any questions or concerns, you may contact:

Oregon Health Licensing Office (HLO)

1430 Tandem Ave NE, Suite #180

Salem, OR 97301

Phone: (503) 378-8667

Email: hlo.info@dhsoha.state.or.us

For more information visit the HLO website at:

www.oregon.gov/oha/ph/hlo