

Piercing Performed:

Jewelry Installed:

Performed By:

Date:

Estimated to take:

\_\_\_\_\_ weeks / months to fully heal.

Please wait until **Early / Mid / Late**

**Jan. Feb. Mar. Apr. May Jun.**

**Jul. Aug. Sep. Oct. Nov. Dec.**

to change your initial jewelry yourself. If you need it changed earlier, please come back and allow us to do it for you as cleanly and safely as possible.

## A WORD ON AFTERCARE CHOICE

Your piercer strongly recommends using a sterile saline spray (*such as Neilmed*) to clean your piercing rather than making your own as the latter has a higher likelihood of irritating your piercing and providing the opportunity for cross contamination. If using a store-bought product, be sure to only use **WOUND WASH** saline.

**DO NOT** use any harsh chemicals, soaps, or ointments on a body piercing! Products such as Listerine, Dial, Bactine, hibiclens, betadine/iodine, alcohol, peroxide, bacitracin, Neosporin, ear care solution, or epsom salt will greatly impede the healing process and may cause damage to your skin or piercing.

Taking a mild non-aspirin, non-prescription pain reliever (*Tylenol, Advil, Motrin, etc.*) to reduce discomfort or swelling is at your discretion. Consult a doctor or pharmacist for recommendations and follow package instructions.

Thank you for choosing

# UNDERGROUND TATTOO STATION

If you have any questions, stop in or call:

## (740) 522-0050

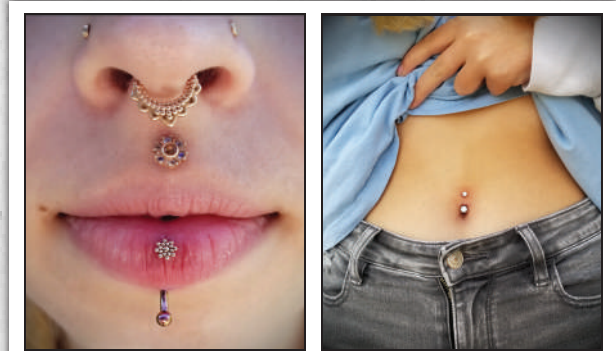
*Disclaimer: We are not doctors. All instruction contained in this document is based on the experience of our piercer (as well as other experienced industry professionals) and is not intended to be presented or regarded as medical advice.*

 @ShidoshiSamurai  @UndergroundTattooStation



# Shidoshi Samurai

## BODY PIERCING AFTERCARE



*The aftercare guidelines provided within have been studied, practiced, and evaluated by numerous industry professionals and have been found to be the best methods & practices to facilitate successful healing and care for your new piercing.*



**1174 Hebron Road  
Heath, Ohio 43056  
(740) 522-0050**

[www.UndergroundTattooStation.com](http://www.UndergroundTattooStation.com)



**Externally Threaded**  
Sharp threading may damage your piercing when installing or changing jewelry. This style of jewelry should be avoided. ❌

**Internally Threaded**  
The smooth surface will not damage your piercing. This style of threading creates a smooth fit where the bead meets the jewelry. ✅

**Underground uses internally threaded and threadless implant-grade jewelry for body piercings.**

Your new body piercing has been done under clean, professional conditions at

## UNDERGROUND TATTOO STATION

Now it's up to you to take good care of it!

With modern body piercing techniques and high-quality body jewelry, minimal aftercare will usually get you the best results. Leave your piercing alone to avoid adding stress to the healing process. Let your body naturally heal the piercing on its own.

You may experience a small amount of redness, soreness, bruising, discharge, or swelling during the healing process.

In small amounts, this is normal. If you are having persistent or excessive problems, or if you notice bumps forming on your piercing, consult your piercer for help with troubleshooting. Proper aftercare is the best way to avoid problems before they start.

### Here are some tips for easier healing and healthier piercings:

**DO NOT** use any soaps, ointments, or chemical cleaners on your piercing. Avoid excessive cleaning; it will not help your piercing heal faster.

**DO NOT** twist, turn, move, play with, or pick at your piercing or jewelry. In other words, **just leave it alone!**

**DO NOT** swim or soak in any chlorinated or unclean water with a new piercing for at least one month.

**DO NOT** attempt to change or remove jewelry yourself until your piercing is fully-healed.

**DO NOT** wear low-quality jewelry. Bad jewelry can easily cause allergic reactions and many other problems. Wear implant-grade jewelry to keep your piercing happy.

**STRETCHING A PIERCING** : As a general rule, once a piercing is fully-healed, it should not be stretched more than one gauge size every 8-16 weeks. Skipping sizes or stretching too fast can cause scarring, rejection, and irritation. Underground provides free stretching services with purchase of appropriate jewelry.

## HOW TO CLEAN YOUR NEW PIERCING

Ready-to-use products like sterile wound wash saline spray (*available at pharmacies*) and Neilmed Piercing Aftercare (*available here at Underground*) are easy to use, free of damaging chemicals, and strongly recommended by your piercer as the primary means for cleaning your piercings.

Spray saline on a cotton swab or gauze pad to gently clean the jewelry and around the piercing site once or twice a day. You may also spray the piercing directly to help reduce discomfort and/or swelling due to irritation.

Do not move your jewelry excessively or pick off dried build-up. Be sure to dry off excess saline. Do not over-clean your piercing; if it feels fine and is not red or irritated, just keep it dry and leave it alone.



## FOR ORAL PIERCINGS . . .

For **TONGUE** and **LIP** piercings, rinse with sterile saline or an alcohol-free antibacterial mouthwash such as Biotene or Crest Pro-Health as needed for the first few weeks. Do not over-clean your new piercing.

For any **LIP** piercing, clean the inside as described in the above paragraph. Clean the outside of the piercing as described in the section at the top of this page.

Avoid or limit irritants such as smoking, alcohol, eating spicy or salty foods, or deep kissing during the healing process. Some swelling is normal. Chewing crushed ice or drinking ice cold water may help to reduce discomfort.

Proper aftercare is the easiest way to avoid excessive swelling and promote speedy healing.

## DOWNSIZING INITIAL JEWELRY

Any jewelry installed in a new body piercing should be considered “initial” jewelry. Initial jewelry may be longer, larger, or of a specific style to facilitate proper healing. Initial jewelry will likely need to be changed to a more appropriate-fitting piece once swelling has subsided.

Be sure to see your piercer for a check up and to change your jewelry when it is time to do so.

**CARTILAGE piercings in particular will require shorter posts once initial swelling has subsided. Wearing excessively long posts in a cartilage piercing may cause it to migrate, tilt, or scar over time.**

**ORAL** piercings will need to be changed to shorter posts / end pieces to avoid causing damage and to ensure a safe and comfortable fit - very often on a shorter time frame than other piercings.

## TROUBLESHOOTING TIPS

Unightly “piercing bumps” can be a common irritation occurrence for piercings. These are typically caused by physical or chemical irritation, excessive touching or playing with jewelry, improperly fitting jewelry and, in some cases, can be a sign of an allergic reaction.

**Never pick at or try to “pop” a piercing bump!**

Avoid sleeping on a healing piercing as pressure causes increased swelling, irritation, and can “train” your piercing to heal at an improper angle. Downsizing your jewelry when you are able to safely do so can help prevent this.

As much as possible, try to keep skin & hair products, makeup, and other chemical-heavy products away from your piercing during healing.

“Rejection” happens when your body cannot heal a piercing and slowly pushes the jewelry out. Common signs of rejection are scarring, severe thinning of the piercing, flakey skin, and excessive itching. If you think your piercing is rejecting, see your piercer ASAP. Jewelry may need to be changed or removed to avoid permanent scarring.

**Please see piercer for any serious and/or persistent issues.**