

Piercing Performed:

Jewelry Installed:

Performed By:

Date:

Estimated to take:

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

See Piercer for Downsize In: \_\_\_\_\_

**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 sooner, please see your piercer  
to do it as cleanly and safely as possible for you.*

## 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 and will often require changing to a more appropriately-fitted selection once swelling has subsided.

*Be sure to see your piercer for a piercing health check  
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 reduce the possibility of enamel damage and to ensure a safe and comfortable fit - very often on a shorter time frame than other piercings.

Downsizing will help ensure your jewelry doesn't move or get snagged. Failure to downsize can cause swelling to reoccur and for piercings to heal crooked.



Fresh Piercing



Swollen Piercing



Ready To Downsize



Downsized Piercing

Thank you for choosing  
**UNDERGROUND**  
**TATTOO STATION**

*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.*

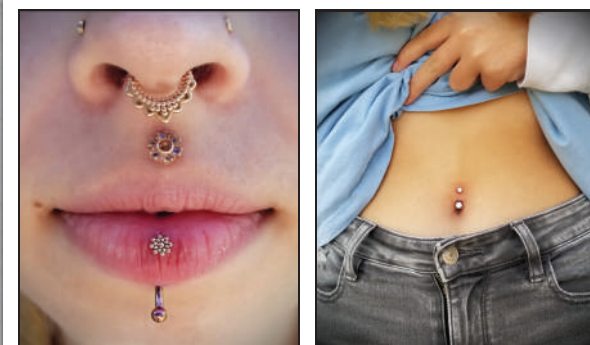
@ShidoshiSamurai @UndergroundTattooStation

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



*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 only.**

Your new body piercing has been performed 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. Unless cleaning it, leave your piercing alone to avoid complicating the healing process. Allow your body to naturally heal the piercing on its own.

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

In small amounts, this is normal. If you are having persistent or excessive problems, or if you notice bumps forming on your piercing, consult with your piercer to troubleshoot. Following a proper and consistent aftercare regimen 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/healing piercing. Keep it dry!

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

**DO NOT** wear low-quality jewelry that may cause allergic reactions and other complications. 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 (*or with improper jewelry*) can cause scarring, rejection, and irritation. See our piercer to provide free stretching consultations and assistance.

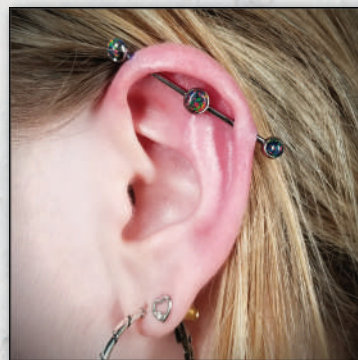
## HOW TO CLEAN YOUR NEW PIERCING

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

Be sure to thoroughly rinse piercing(s) under warm, running water each time you shower to remove and/or soften any bio matter buildup (*crusties*). Follow shower by saturating piercing with sterile saline and use non-woven gauze to gently clean the jewelry and around the piercing site once or twice daily to remove any residual build-up from the area.

••• **Be sure to completely dry off excess saline** •••

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



## FOR ORAL PIERCINGS . . .

For **TONGUE** and **LIP** piercings, rinse with clean water or an alcohol-free antibacterial mouthwash (*such as Biotene or Crest Pro-Health*) as needed for the first couple weeks and always maintain proper daily oral hygiene practices.

For **LIP** piercings, clean the inside of your mouth as described above. 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, and deep kissing during the healing process. Some swelling is normal. Drinking clean, ice cold water may help to reduce discomfort and lessen swelling.

## 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 an increased likelihood of irritating your piercing and presents the possibility 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 full-strength 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, jewelry and/ or piercing.

## TROUBLESHOOTING

**Piercing Bumps** can be a common irritation occurrence for new 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, discomfort and can train your piercing to heal at an improper angle. Downsizing your jewelry when it is appropriate to safely do so can help reduce these risks.

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

**Rejection** occurs when your body cannot heal a piercing and slowly pushes the jewelry out of your body. Common signs of rejection include scar trailing, severe thinning of the pierced tissue, flakey skin, and excessive itchiness. If you think your piercing is rejecting, see your piercer ASAP as jewelry may need to be changed / removed to avoid permanent scarring.

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