



Silly Sausage Piercings

Piercing Aftercare

DO'S!

- Do use a canister based sterile Saline solution to clean your fresh piercing once a day (preferably before you go to bed) for 7 to 10 days.

- Do take Vitmin C, D & Zinc (if you are able to) to help boost your immune system during healing.

- Do ensure your piercing is thoroughly dry after washing your hair. (Pop your hair drier on the cold setting to dry your piercing directly).

- Do downsize your piercing when the initial jewellery has at least 3mm of length on it (visit your local reputable piercer for this).

- Do contact your piercer or book in for a check up if you require advice or reassurance on your piercing. Comparing your healing journey to others online can be counterproductive. When in doubt, just reach out!

- Do drink lots of water. Stay hydrated during Healing!

DONT'S!

- Don't over clean your piercing. Excessive exposure to moisture for weeks on end will delay the healing process and cause irritation.

- Don't remove jewellery from a healing piercing to clean it. You will struggle to get the jewellery back in, risking the entire piercing.

- Don't touch, twist or pick your piercing. This can introduce unhelpful bacteria and/or cause trauma to the area which increases the risk of infection.

- Don't use alcohol, TCP, surgical spirit, tea tree, peroxide or home made salt water solutions on your piercings. These are very old & outdated methods of healing piercings, which are much too harsh.

- Don't sleep on your piercing. Sleeping on your piercing can cause unsightly trauma such as granulomas (which develop into the dreaded keloid if not tackled early) and/or irreversible damage such as jewellery migration which could lead to rejection. Not to mention, it's just not comfortable. TRAVEL PILLOW/PILLOW WITH A HOLE FOR FORSEEABLE FUTURE!

FAQ'S

Why only saline?

Sterile saline is a mixture of water and 0.9% sodium chloride. It mimics the same ratio that our bodies naturally produce!

Pressurised canisters preserve the sterility of the solution so there is no chance of cross contamination.

Harsh chemicals found in TCP, surgical spirit, creams & ointments will burn the tissue and strip the area of the healthy bacteria & natural secretions needed to start the healing process. Heavy creams & ointments can clog up the piercing allowing unhelpful bacteria to breed & restrict oxygen getting to the piercing.

Rock salt/sea salt water is simply not sterile & will likely cause more harm than good.

Why can't I sleep on my piercing?

Sleeping on your fresh piercing could result in a whole range of undesirable consequences! Such as irritation bumps (granuloma), delayed healing, jewellery migration, embedding... travel pillows & doughnut pillows are a great way to hugely reduce these risks!

Keeping your piercing safe & keeping you comfy whilst you sleep.

Why do I need to have my post downsized?

The initial post has its length to accommodate for the initial localised swelling expected with fresh piercings.

Once swelling subsides, your post should be swapped out for a shorter one. This helps to prevent movement and minimises the risk of the piercing getting caught, knocked or banged which can delay healing. Not to mention, it can be kinda annoying having a bar that feels longer than your lifespan swinging about once your swelling has subsided! I recommend seeking professional assistance on your first downsize just to make sure everything is tickidy-boo in the healing department.

Is it normal for my piercing to be sore?

It is certainly not uncommon to experience localised swelling, bleeding, bruising, redness, tenderness & soreness within the first few weeks of your fresh piercing. During healing you may also experience itching & secretions of whitey yellow fluid which turns to crust, also totally normal!

Extra Tips

- Don't submerge healing piercings in local swimming pools, jacuzzi's or the sea. It is recommended to wait at least 8 weeks before submerging healing piercings in bodies of water, and even then, proceed with caution.

- Don't partake in strenuous work outs with fresh navel or nipple piercings for at least 3 to 4 weeks. Avoid high waisted/restrictive clothing when healing a navel piercing.

- It's not advised that you smoke or vape with a fresh oral piercing for at least 2 weeks. It's down to your discretion, proceed with caution.

- Don't leave hair to air-dry whilst you have healing ear piercings. Damp causes drainage issues, irritation & delays healing in general. Keep your healing piercings dry.