

Piercing Aftercare

The aftercare following a piercing is very important to promote good healing for your piercing and prevent any risks of infection.

For the first week or so after having a piercing, the area will feel sore and tender. The length of time that the piercing will feel tender depends on what piercing you have had done, all piercings heal differently from person to person. With any type of body piercing, there can be a risk of infection, so it is important that the instructions given to you in the aftercare leaflet are followed.

Before beginning your aftercare routine, it is essential that you thoroughly wash your hands, we recommend washing your hands with warm water and liquid soap, washing with warm water until all soap is removed, then drying the hands with a clean towel or paper towel. This removes most germs from your hands therefore eliminating them from being transferred to the area of your piercing.

Aftercare:

Although every piercing heals differently person to person, there are some key things you can do to ensure your piercing heals well. The aftercare of a piercing is of the utmost importance and we recommend cleaning the piercing for a month post piercing.

- Your piercing must be cleaned once a day using an appropriate aftercare, these can be bought from Real. We recommend using aftercare we stock at Real Studio.
- **EASY PIERCING** – Spray directly onto front and back of piercing
- **BPA** – One drop on front and back of piercing
- The piercing will excrete fluid, lymph; this will dry hard on the piercing jewellery and should be cleaned off gently using your choice of aftercare solution using kitchen roll only. Tissue paper and cotton wool or cotton buds are not suitable for cleaning piercings as they leave dust and fibres on your piercing. Make sure your piercing is clean and dry not wet and soggy
- With barbells, circular barbells and curved barbells, these can be pushed in a direction that shows the bar, in order to clean thoroughly with kitchen roll and cleaning solution. Similarly with rings, these can be rotated slightly to ensure all areas are cleaned properly. Always ensure the piercing site is dry after cleaning, especially in concealed areas such as the navel, where if damp, is an ideal area for bacterial growth. With nose stud, skin diver and dermal anchor piercings, the aftercare solution must be applied to the site of the piercing.
- We do not recommend the use of any antiseptic ointments or creams such as Savlon, Germolene, TCP and Surgical Spirit. They will slow the healing process down.

Ear Lobe Piercings:

For earlobe piercings using the Studex piercing system, the aftercare is provided and must be used once a day to clean the piercings. Apply the Studex After Piercing Lotion to the ear, one drop on the front and one drop on the back of the earring (without removing the earring). Swimming needs to be avoided for 2 weeks minimum post piercing. The earrings can be changed at 8-12 weeks, but any silver jewellery needs to be avoided for 3 months.

Nipple Piercings:

Nipple piercings will be covered with a self adhesive sterile dressing by your piercer after the piercing, this dressing must be kept on for 24hrs following the piercing, the dressing should then be removed and the piercing should be cleaned using the method given previously in the aftercare leaflet. A larger bar is used when piercing the nipple to allow for swelling and slight spreading of the nipple, this bar can be changed to a shorter one after 8 weeks.

Navel Piercings:

Navel piercings will be covered with a self adhesive sterile dressing by your piercer, this dressing must be kept on for 24hrs following the piercing. When removing the dressing, give the piercing a gentle clean using your chosen cleaning solution and kitchen roll, as explained previously in the leaflet.

Oral Piercings:

An antiseptic, alcohol free mouthwash should be used frequently after having an oral piercing. We recommend Corsodyl.

Wash your mouth out after every time you eat, drink, smoke or after any form of oral contact.

The mouthwash you use must be over-diluted, hold the mouthwash in your mouth for 10-20 seconds and rinse the mouth throughout. We suggest making up a bottle of diluted mouthwash solution in a bottle to carry with you when you're out and about. The mouthwash should not be swallowed. Oral piercings will swell, therefore we pierce with a longer bar to aid the healing process and allow for swelling. This bar can be changed down in size two weeks after the initial piercing, and then again the following two weeks to an appropriate size that suits you, This can be done at Real Studio free of charge.

To avoid dramatic swelling of your oral piercing:

- Avoid excessive talking as the more you talk, the more it will swell
- Do not stick your tongue out, you can open your mouth to show people your new piercing instead.
- Avoid smoking and drinking alcohol for the healing period
- Avoid kissing or any other form of oral contact for at least 4 weeks after the piercing
- Ibuprofen and sucking Ice can help reduce the swelling
- Eat soft food, and avoid anything too hot or spicy for a few days following the piercing.

General:

- Swimming and bathing must be avoided for 2-3 weeks after the piercing unless stated otherwise for specific piercings
- Silver jewellery must be avoided in ALL piercings (except the ear lobes after the 3 month healing period)
- All piercings heal at a different rate, and it will differ from person to person. On average a piercing will take 12 weeks to heal, and the jewellery should not be changed at home until that time is up. For piercings that are pierced with a longer bar, or a BCR, you can pop in and get the jewellery changed by your piercer 6-8 weeks after the piercing depending on the healing progress.
- If there is excessive pain or swelling, we suggest taking an anti-inflammatory tablet, such as Ibuprofen or Cuprofen. Aspirin and Paracetamol should be avoided.
- It is very important not to over clean your piercing, keep to the instructions on the aftercare leaflet as over cleaning, under cleaning or disregarding the aftercare instructions may increase the risk of infection.
- If excessive redness, swelling, bleeding, a change of colour in tissue or persisting soreness please contact your piercer or GP.
- Do not remove your piercing jewellery in a fresh piercing. If for any reason a new piercing needs to be removed, contact your piercer.

Piercing:

Mon – Sat from 10:30am –
4:30pm



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