



## Congratulations!

We hope you love your latest addition!

Piercing: \_\_\_\_\_

Date: \_\_\_\_\_

Downsize: \_\_\_\_\_

Heal time: \_\_\_\_\_

Piercer: \_\_\_\_\_

## YOUR PIERCING AFTERCARE GUIDE

Now that you have a shiny new piercing, remember it is a wound and needs dedicated care and attention to allow it to heal correctly.

### CLEANING INSTRUCTIONS

- **Clean** it twice a day with medical wound saline solution until it is fully healed, twice a day. Do not use anything with additives or alcohol. **We recommend Nielmed wound wash or a medical saline solution**
- **Soak** a non-fibrous wipe, such as kitchen roll or medical gauze, with the saline, spray the area and apply soaked gauze gently as compress until fully bathed. This will get rid of crusties. Then spray the solution direct.
- **Don't** twist or remove the jewellery at all during the healing process. Movement will pull away scabs and tear the wound.
- **Remove** excess buildup of skin and plasma from around the jewellery by soaking until scab is soft and washing away with the shower. Do not pick, this will cause irritation and introduction of bacteria.
- **Dry** the area thoroughly from cleaning and washing with a nonfibrous wipe or cold air. Moisture will trap bacteria and affect healing.
- **Check** your attachment is secure. Move your fingers over the front towards **your** left while holding the bar from the back still,. Do this a couple of times a week to ensure it doesn't fall off.
- Repeat the cleaning instructions for a minimum of 6 weeks until no more plasma is apparent in or near the piercing site.
- Come in for your aftercare health check and jewellery downsize on time. If the bar stays too long then it can move, keeping the wound open.

## BEST PRACTICE & HANDY TIPS

- Wash your hands thoroughly before touching near your piercing and ensure any clothing or accessories near is are clean and not pressing it.
- Do not use any abrasive products such as alcohol, tcp, surgical spirit, or creams as these can cause irritation and reactions.
- Do not over clean. Twice a day is all it needs.
- Avoid creams, body products, soaps, perfumes and sprays on or near your piercing.
- Do not use cotton tips, cotton pads, fabric towels and cloths near your piercing as fibers can get caught and pull on your piercing.
- Be cautious of knocks and pressure to your piercing especially when it comes to styling hair, tight clothing and sleeping
- Use a travel pillow laid flat on the bed to suspend any ear or face piercings when sleeping. Not just for your comfort but to avoid pressure.
- Avoid swimming and shared bathing water while healing, for at least 3-4 weeks due to bacteria in the water can lead to infection of open wounds.
- Do not change the jewellery until we say it's safe to do so and only use good quality metals.

## WHAT TO EXPECT & WHAT'S NORMAL

Everyone heals differently with different health and sensitivity levels so here is what may or may not happen:

- During healing expect swelling, plasma discharge, tenderness and scabbing
- Localized bleeding, tenderness and bruising initially or if knocked within the healing time
- The top skin will heal first so may feel tight, this does not mean it's healed all the way through. Be patient and keep cleaning to avoid a flare up
- Pressure bubble or piercing bump may arise as a soft pink 'lump'. This is due to movement within the healing causing external inflammation under the skin.
- Swelling should not exceed the bar length and will subside after the advised timescale. The bar must then be downsized to reduce risk of movement at the recommended time to avoid the swell bar getting knocked or caught .
- Contact us in the very first instant with any concerns via Whatsapp 07471740024.

A healthy body heals a healthy piercing. Illness, medication, stress and trauma can affect healing. We wish you a happy and healthy healing journey with our guide on what your piercing needs.

