

Aftercare

Thank you for choosing *BB @ Colchester Body Arts* for your new _____ piercing.

You will have been verbally instructed how to appropriately care for your new piercing at your appointment.

Below I have outlined a few key points.

Please ensure you are following these guidelines to minimise the risk of complications and infection.

You have been pierced with: HIGHLY POLISHED ASTM:F-136 INTERNALLY THREADED TITANIUM (MEDICAL GRADE)

Style: _____

Length: _____

Gauge: _____

Jewellery downsize date: (If applicable) _____

Please refrain from swapping your jewellery out to substandard materials before the end of the healing period. This is one of the biggest causes of irritation in piercings and makes the healing process much longer. Patience is important!

Estimated healing times: (approx)

Lobes:	3-4 months
Ear Cartilage:	6-12 months
Nostril:	4-6 months
Septum:	3-4 months
Eyebrow:	3-4 months

Lip:	3-4 months
Tongue:	2-3 months
Tongue web/Smiley:	1-2 months
Navel:	6-12 months
Nipple:	6-12 months

Please note that healing times are a rough guide only. These times can vary considerably dependant on your approach to after-care and overall lifestyle habits.

LESS IS MORE!

The best thing you can do for your piercing is LEAVE IT ALONE. The only time your piercing needs to be cleaned is when it has been exposed to an unsanitary environment – Practising good personal hygiene is a must.

Sterile Saline Wound Wash (e.g. Stericlens) is all the product you need! I would recommend buying this in a **pressurised can** for any ‘hard to reach’ areas.

Rinsing your piercing with **plain running water** is good practice. When using ‘perfumy’ products such as shampoos, conditioners and soaps you should ensure you are rinsing your new piercing with plain running water so there are no irritants left sitting on top of it.

If you have a build-up of ‘crust’ that is simply too stubborn to remove, saturate Non-Woven Gauze in Sterile Saline and place over your piercing for a few minutes to gently soak and soften the build-up. Proceed to rinse and dry thoroughly.

For **ORAL PIERCINGS** (Tongue/Web/Smiley/Lip), rinse your mouth with plain bottled water every time you eat, drink or smoke.

If you use mouthwash as part of your daily routine, I suggest switching to a non-alcoholic formula. You do not need to incorporate mouthwash as aftercare if you don’t already use it as part of your routine. Overusing mouthwash can unbalance the natural environment in your mouth leading to complications.

DRYING your piercing is just as important as making sure it is clean! Exposing a healing wound to moisture for long periods of time can harbour bacteria, increasing your risk of infection.

You can use **Non-Woven Gauze** to gently pat your piercing dry.

A **hair dryer with a diffuser** is perfect for drying hard-to-reach areas (just ensure the settings are on low as to not burn yourself or put too much pressure on the piercing site).

DO NOT touch your healing piercing for any other reason than to clean it! Ensure you have clean hands when doing so.

DO NOT twist your healing piercing! You are essentially picking a scab when you twist your jewellery which can cause scarring and other complications. This is an outdated practice that should be left in the past.

DO NOT use harsh chemicals or oils on your healing piercing. Including but not limited to; Soaps, TCP, Surgical spirit, Aspirin paste, Teatree oil, Alcohol based cleaners etc. All these products disrupt the natural balance that your body creates to heal your piercing. Sterile Saline or clean water is all you need!

DO NOT overclean your healing piercing! Yes, there is such thing as too much cleaning. Let your body do what it does best and heal on its own. You didn't clean your scabby knees as a child twice a day with TCP so don't do it to your piercings either!

DO NOT submerge your healing piercing in bodies of water. High levels of chlorine in swimming pools and Jacuzzis will irritate your piercing. Open bodies of water such as rivers, lakes and the sea harbour bacteria that can irritate and increase your risk of infection. Use a waterproof wound dressing if submerging your piercing in water cannot be avoided.

Swelling is common with new piercings. We are mindful of this and use appropriate length jewellery to accommodate. If you require a jewellery downsize, we will let you know at your appointment. **Staying hydrated** can ease swelling as well as taking **anti-inflammatories** (only take medication if you are medically fit to do so).

Sleeping on your piercing will put pressure on it. Using a **travel pillow** can help you to avoid rolling onto ear and facial piercings.

Although **rejection** is rare, it is still possible. Especially for piercings in 'high traffic' areas such as Navel and Ear Cartilage. Friction from waistbands, catching them whilst brushing hair etc can create small tears causing them to migrate outward or even completely reject from the skin supporting it.

It is particularly important if you suspect any infection that you visit your GP as soon as possible. Only your GP can diagnose and treat an infection. If left untreated, infections can cause serious health complications.

I hope you enjoy your new piercing and it stays happy and healthy. Please do not hesitate to contact me with any queries or for advice on complications that may arise!

Notes:
