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SO, YOU GOT
POKED.



SUGGESTED
AFTERCARE
FOR BODY
PIERCINGS



Congratulations!

You've just been 'poked' by a skilled and knowledgeable professional who cleaned and disinfected the area pierced, used sterile instruments, jewelry, and a single use needle.

Now it is up to you to take proper care of your piercing during the crucial healing period. How your piercing heals is up to you and your body.

Alright, now that you're cool and the envy of everyone, there are a couple things you need to know about your new piercing:

Your _____ piercing
is expected to take _____
or longer to heal.

Piercer _____
Jewelry _____
Material _____
Gauge/Thickness _____
Length _____
Earliest Downsize Date _____

DO NOT TOUCH YOUR
PIERCING WITH DIRTY
HANDS.
EVER.

HOW TO CARE FOR YOUR PIERCING

WHAT IS NORMAL?

- Until your piercing is fully healed clean it at least 2-3 times daily using **ANTI-MICROBIAL** soap suitable for your skin type. **DO NOT USE** Alcohol, Hydrogen Peroxide, Bactine, Ointments, creams, lotions, or antibacterial soaps.
- Initially - some bleeding, localized swelling, tenderness, or bruising is quite normal.
- During healing there may be some discoloration, itching, secretion of a whitish-yellow fluid (not pus) that will form crust on the jewelry. Also, the tissue may tighten around the jewelry as it heals.
- Once healed: The jewelry may not move freely in the piercing; DO NOT force it. If you fail to include cleaning your piercing with **antimicrobial soap** as part of your daily hygiene routine, normal but smelly bodily secretion may accumulate.

WHAT TO DO + WHAT NOT TO DO

- Please, **WASH YOUR HANDS** before touching your piercing. Leave it alone unless you are cleaning it.
- **DO NOT** rotate the jewelry while healing except possibly during cleaning. We know you're gonna play with it, but just keep it to a minimum
- Make sure that your jewelry and skin are free from any discharge before you attempt to move your jewelry. Infection can occur when matter finds its way into your piercing. Don't forget - our body is crawling with **BACTERIA**.
- **Stay healthy!** Eat a nutritious diet. The healthier your lifestyle, the easier it will be for your piercing to heal. Yes, exercise during healing is fine, just "listen" to your body.
- Make sure **BEDDING** is kept clean and changed regularly. Wear breathable/comfortable clothing that protects your piercing while sleeping.
- Showers are better than baths because bathtubs tend to harbor bacteria. **AVOID** communal waters like lakes, hot tubs, pools, and the beach.
- Avoid exposing your piercing to **DUST** or **SAND**. This will lead to irritation and may cause an infection.
- Avoid over cleaning. This can irritate your piercing.
- **Avoid ALL** beauty and personal care products on or around the piercing including cosmetics, lotions, sprays, etc..
- **DO NOT REMOVE YOUR JEWELRY** unless you are going to immediately replace it with another. Even old, or well healed piercings can shrink and close in minutes after having been there for years!
- **Avoid ALL** oral contact, rough play, and contact with other's bodily fluids on or near your fresh piercing.
- **Don't forget** to check the ends of your jewelry. Righty-tighty, lefty-loosey. Pin - fasting method: press base with thumb and top with index finger together in order to ensure a secure fit. If loose, then bend pin slightly more to create more tension within post
- If your piercing is itchy, use an aftercare product to help alleviate discomfort.
- If you think your piercing might be **INFECTED** - Please contact your piercer to help clean and debris the area. You may be referred to a medical professional
- Less is more! Do not over clean your piercing. We have a natural flora of bacteria that helps protect our skin. Over cleaning will strip that away.
- Wait to change out your piercing until there is no tenderness, redness, or inflammation: Typically 3-6 months

EAR LOBES + EYEBROW

Excessive touching will lengthen your healing period. Use running water to flush your piercing during cleaning. There is no reason to remove jewelry during cleaning. Only remove jewelry when you will be replacing it with another. Clean 2 times daily. 3-6 months approx healing

EAR CARTILAGE/CONCH/ INDUSTRIAL/DAITH/TRAGUS/ ROOK/HELIX/SEPTUM

Cartilage is a connective tissue with very poor blood supply. This means that it will take longer to heal than "soft" tissue. Clean this piercing no more than 4 times/day as it can become dry and irritated. On average it can take 6 months - 1 year to heal. You must clean this piercing religiously as it can turn on a dime and a small bump may form. If you get a small bump (like a pimple) do not worry. Most likely a foreign substance/dirt may have found a way in. Simply keep cleaning it. Exercise caution when styling your hair

NAVEL/BELLY

Be VERY careful not to tug at your piercing. Be mindful of seat belts, highly fibrous/knitted clothing, loafers, and other things that may pull/tug at your piercing. Tugging your piercing will cause undue stress on it, and may break tissue allowing bacteria to get in. This may cause rejection and/or keloids. Do not wear 'dangly' belly rings until your piercing is fully healed. 6 months+ healing time

TONGUE/LIP (LABRET)

During the first 72 hours - swelling will be apparent. The first week is very important: Avoid eating spicy/acidic foods, exchanging body fluids, and drinking alcohol. Also, DO NOT suck on hard candy, a straw, or smoke! This may cause pressure inside your mouth and rupture 'healing' tissue. Rinse with non-alcoholic mouthwash after every meal. 2-6 month heal time

NIPPLE

Nipples will be sensitive for months. Avoid 'playing' with your piercings if they are still tender. Discharge is very common. Sea salt soaks for 5 minutes each per day will work wonders during the first couple months of healing. While cleaning make sure to remove all debris that may form from lint. 6-12 months approx healing time

DERMAL ANCHORS

Sea salt soaks will be your best friend. They will help loosen debris that will gather under the gem/disk top. Using unscented dental floss, or a 'clean' toothpick, will also help remove debris. 4-12 month