



PIERCING AFTERCARE

CLEANING INSTRUCTIONS

- Wash your hands prior to touching your new piercing
- Use the recommended Sterile Saline solution (NeilMed) on your piercing site twice a day.
- Hold the canister a couple of inches away from your piercing. Use one to two pumps of the aftercare, on the front and back of the piercing site, twice a day.
- DO NOT remove your jewellery whilst cleaning. DO NOT twist or turn your jewellery, as this disrupts the formation of new skin cells and can lead to irritation bumps.
- Pat dry any excess aftercare with CLEAN kitchen roll. Please do not use toilet roll as it will disintegrate. Cloth towels can harbour bacteria and also snag on your jewellery.
- Each different type of piercing has its own healing times - please see the reverse for guidance.

ORAL PIERCINGS

- Use mouthwash morning and night, after every meal and also after every cigarette if you smoke
- Avoid alcohol and spicy foods for two weeks until the bar is downsized.

WHAT IS NORMAL?

- Localised swelling, tenderness, bruising and bleeding can be experienced in the first few weeks. These are very normal. You may experience none, some or all of the above and have a healthy piercing

DURING HEALING

- Redness, itching, a secretion of a white/yellow fluid that will form a crust on the piercing site/jewellery is common
- Piercings can seem healed before the healing process is actually complete. This is because tissue heals from the outside in. Although it may appear to be fine, the interior could still be fragile. Please be patient.

WHAT TO AVOID

- DO NOT sleep on your piercing until after it has been downsized.
- DO NOT Over clean - this can be just as bad as under cleaning. Over cleaning will cause disruption to wound healing and under cleaning may cause infection.
- AVOID unhygienic bodies of water - hot tubs and swimming pools have a high bacteria content.
- AVOID any undue trauma such as friction from tight clothing, excessive motion, playing with or twisting the jewellery

DOWNIZING

Initially piercings are performed with a slightly longer bar so that there is room for any potential swelling that may occur. Once this swelling has subsided you should return to the studio to have a shorter bar fitted, this will ensure that the piercing continues to heal well.

Failure to downsize the piercing can result in cartilage bumps developing on the piercing entry and exit points, and/or cause the piercing to migrate. Downsizing does not happen on a set timescale as everyone heals differently, downsizing happens when there is no swelling and the piercing is not sore or tender.

HEALING TIMES

Dermals	3 months	Nose	3-6 weeks
Lobe(s)	6 Weeks	Septum	4-6 weeks
Ear Cartilage	3-6 months	Tongue	4-6 weeks
(includes Rook, Tragus, Helix, Snug, Daith, Conch, Industrial piercings etc		PA (Prince Albert)	4-6 weeks
Naval (Belly button)	6 months	Dydoe	2-3 months
Nipple	3-6 months	Scrotum	2-3 months
Lip/Labret	6 weeks	Pubic	6 months
Philtrum	6 weeks	VCH (Vertical clit hood)	2-6 weeks
Inverted/Vertical Lip	6-12 weeks	Outer Labia	2-3 months
Eyebrow	2-3 months	Inner Labia	4-6 months
		All Surface	6 months

PLEASE NOTE - These are average healing time, every person is different and you will heal at your own rate. Please do not worry if you heal quicker or slower from the times above.

STUDIO CONTACT

We are here to help with any question or query that you have. Please do not hesitate to contact us;

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