



Your Piercing

Your Jewelry

Come back for your checkup and jewelry downsize. It's extremely important that you downsize your jewelry.

Most piercings take six to twelve months to heal full

Aftercare Do's and Don'ts

DO purchase Saline Wound Wash.

DO use a clean pillow case. If one is not available a clean t-shirt works as a great alternative, and change it more often.

DO use a neck pillow to protect your ear piercings

DO be sure your hair is dry for bed for ear piercings.

DO look, share, and enjoy your piercing, please DON'T TOUCH YOUR PIERCING

DO avoid spicy, crunchy, acidic, and hot foods/drinks for fresh oral piercings

Bruising, swelling, & light bleeding are normal, try a cool compress, oral nonsteroidal medication/NSAIDs(Advil, Aleve, Motrin) or Arnica DON'T put ice on your skin & piercing.

DON'T spin or move your jewelry. DON'T pick at healing crusties.

DON'T expose your piercing to swimming water or tanning for around three months

DON'T place beauty or personal care products (cosmetics, sunblock, sprays, etc) on or close to your piercing.

DON'T allow others' bodily fluids on or close to your piercing while it is still healing.

DON'T worry if you swell or get a healing bump. There are many strategies to resolve it. Please use your care strategies written above and contact us immediately.

How to care for your Piercing

Cleaning Your Piercing With Freshly Washed Hands

Your piercing should be cleaned once or twice daily using either of the strategies below. Several months from now when your piercing is mostly healed and you are no longer having so many healing crusties you will clean it less often.

Saline Wound Wash Strategy

Set up a clean workspace and cut up paper towels into small pieces and place them in a sealed container, or you can use gauze. Take the small piece of paper towel or gauze and fold in half. Saturate the paper towel or gauze with saline wound wash. Hold the saturated paper towel or gauze on your piercing in order to clean it and gently remove the healing crusties. Use your dry paper towel or gauze to dry your piercing thoroughly.

Shower Strategy

When taking a shower remove any healing crusties with your fingers while under running water. Do not use soap directly on your piercing. It is okay if soap flows over your piercing during normal washing. Rinse the area thoroughly when done washing. Once out of the shower use a small, dry paper towel or gauze to dry your piercing.

For Oral Piercings

Rinse with alcohol free mouthwash after eating. Daily oral hygiene is imperative. Long term, remove plaque and biofilm build-up from jewelry.

Congratulations on your new piercings. Piercings often have personal meanings to us. We are grateful and honored to provide your piercing care.

HAPPY HEALING.



WE ARE ALWAYS HERE FOR YOU.

PLEASE CONTACT US.

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The greatest thank you for us is a positive Google review.

