

# Primm & Proper Custom Tattoo and Piercing

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## Piercing Aftercare

### **Approximate Healing Times:**

Lip/Labret: 2 – 6 months

Nostril/Eyebrow/Ear Cartilage: 3 – 12 months

Earlobe: 4 – 6 weeks

Tongue: 1 – 2 months

Other Piercings: Up to 6 months

**Supplies Needed:** Mild fragrance free and dye free soap. For lip/labret or tongue piercings, an alcohol-free mouthwash or salt solution (mix 1/8 teaspoon non-iodized sea salt with 8 oz warm water-NO IODIZED TABLE SALT). Saline solution works for quick healing (no contact lens solution).

**Aftercare Instructions:** Wash your hands with antimicrobial soap. Using warm water and a cotton swap, remove any matter that may have dried on the jewelry and around the openings of the piercing.

Next, pour the cleansing agent on the jewelry and piercing. Lather it up and leave it on the piercing for approximately one minute. Finally rinse off the agent under running water. Any cleaning agent left on the skin or piercing can cause problems. Clean your piercing and rotate the jewelry 2 – 3 times a day until healed.

Chemical products do not help. Avoid Provon, Hydrogen Peroxide, Bactine, Ear care solutions, Anti-bacterial products, Petroleum based ointments, Betadine and Hibiclens.

**Lip/Labret Piercings:** You should rinse your mouth with alcohol free mouthwash diluted with distilled water or a salt solution for 30 – 60 seconds. Continue the rinses at least 4 – 6 times a day for 6 – 8 weeks.

### **TIPS**

Avoid playing with the new piercing.

Wear loose breathable clothing over new piercings.

Avoid swimming and hot tubs while healing.

Continue to clean your piercing and jewelry once a day for as long as you have it.

Tongue piercings: Eat slowly, avoid hot drinks and spicy foods. No kissing or sexual contact without barrier until healed.

Lip piercings: Follow up with piercer, Jarret Prow in 2 – 4 weeks to have it checked and/or adjusted. If you suspect you have an infection, contact your body piercer at once or seek medical care.

Enjoy your new Piercing!