

Piercing After Care

Congratulations! You are about to or have received a piercing by a trained professional who cleaned and disinfected the area to be pierced and used sterile needles and instruments. Remember, while your piercing is healing, it is a direct line into your bloodstream. You can contract any communicable disease or cold through your new piercing.

Before cleaning or tightening your jewelry, wash your hands with anti-bacterial soap. Make sure your jewelry is tight 1-2 times a day. Hand washing is critical to healing success. **DO NOT TOUCH WITH DIRTY HANDS!**

We highly recommend a **sterile saline wound wash** as an aftercare product, twice a day. Use this and a q-tip for cleaning and removing dead skin cells or dirt (crusties). **Do not move or rotate. Do not use peroxide, alcohol, or witch hazel.**

For oral piercings, use an alcohol free mouth wash 4-5 times a day and immediately after using any tobacco products.

Keep people's bodily fluids away from your new piercing. Avoid touching or playing with your jewelry/piercing.

Avoid lakes, rivers, oceans, pools, and hot tubs due to bacterial content, which can cause infection. If you do these things, you must wear a waterproof bandage and clean the piercing immediately after.

To help your body fight infection and heal faster, get plenty of rest, try to reduce your stress level, eat well, and take a multi-vitamin.

Signs of allergic reaction are:

- Itching
- Rash around the piercing
- Enlargement of the piercing

See your piercer if you have any questions or are having any problems.

What is normal

Initially, some bleeding, localized swelling, tenderness, and bruising.

Healing Times

Nostril: 2-3 Weeks

Septum: 4-6 Weeks

Eye brow: 6-8 Weeks

Conch: 2-3 Weeks

Industrial: 5-6 Months

Cartilage: 2-3 Months

Tragus: 2-3 Months

Earlobe: 6-8 Weeks

Rook: 2-3 Months

Daith: 2-3 Months

Lip: 6-8 Weeks

Monroe/Medusa: 8-10 Weeks

Nipple: 2-3 Months

Tongue: 6-8 Weeks

Navel: 8-10

How to Heal your Hypertrophic Scarring

What to look for:

- A small bump, sometimes discolored, at the base of your body piercing
- Can be located on either side of piercing

What is hypertrophic scarring?

A hypertrophic scar is a cutaneous condition characterized by deposits of excessive amounts of collagen, which gives rise to a raised scar, but not to the degree observed with keloids. (They are not keloids, it is not an infection).

What you will need:

- Sea Salt
- Dixie Cups (5oz of water)
- Cotton balls

What to do:

Take ONE TABLESPOON of sea salt and put it in a Dixie Cup with 5oz of water. Soak the cotton ball in the water and then place it on your piercing for no more than 15 minutes 1 to 2 times a day. If you soak too long, you can receive a chemical burn.