

BODY PIERCING AFTERCARE INSTRUCTIONS

Congratulations!

You've just received a body piercing by a skilled and knowledgeable professional using only the safest procedures, jewelry, and aseptic technique possible

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.

Your Thigh piercing is expected to take 10 to 14 Days or longer to heal.

What is Normal?

- Initially, some bleeding, localized swelling, tenderness or bruising.
- During healing: Some discoloration, itching, secretion of a whitish-yellow fluid (not pus) that will form crust on the jewelry. The tissue may tighten around the jewelry as it heals. The jewelry may not move freely in the piercing; **DO NOT** force it.
- Once healed: If you fail to include cleaning your piercing as part of your daily hygiene route, normal but smelly bodily secretions may accumulate.
- A piercing may seem healed before healing is complete. This is because piercings heal from the outside in, and although it feels healed the tissue remains fragile on the inside. **BE PATIENT**, and keep cleaning throughout the entire healing period.

What To Do

- Wash your hands prior to touching the piercing; leave it alone except when cleaning. **DO NOT ROTATE YOUR JEWELRY.** Irritation can occur when crusty matter is accidentally forced into the piercing.
- Stay healthy! Eat a nutritious diet. The healthier your lifestyle, the easier it will be for your piercing to heal. Exercise during healing is fine, just "listen" to your body.
- Make sure your bedding is kept clean and changed regularly. Wear clean, comfortable, breathable clothing that protects your piercing while sleeping.
- Showering is safer than taking a bath, because bathtubs tend to harbor bacteria. If you would like to take a bath, clean the tub well before each use.

Cleaning Solutions

Use either one or both of the following solutions for cleaning body piercings:

- Sterile Saline wipes available through us
- Sterile Saline WOUND WASH and sterile gauze available through any pharmacy. **DO NOT** buy any other form of saline such as contact solution or nasal spray as they have added chemicals that can and will irritate your piercing

Cleaning Instructions for Body Piercings

1. **WASH** your hands thoroughly prior to cleaning, or touching on or near your piercing.
2. **SALINE** soak 5 minutes at a time twice daily. If using the wipes from us, simply **TAKE THE WIPE OUT OF THE PACKET** and microwave on a clean plate for about 10 seconds (wipe packet is made of foil). Take the warm wipe and press firmly on the piercing site and let soak. If you do not have a microwave, keep the wipe in packet and put it in a sealed baggy, then put into a pot of boiling water for 2-3 minutes. If using **WOUND WASH** and gauze, warm the saline in a clean cup such as a dixie cup for about 10 seconds, soak the gauze in the saline and soak your piercing the same as with using the wipe. A brief rinse will remove any residue.
3. **DRY** with disposable paper products such as gauze or tissues, because cloth towels can harbor bacteria and catch on new piercings causing injury. Pat gently to avoid trauma.

What To Avoid

- Avoid undue trauma such as friction from clothing, excessive motion of the area, playing with the jewelry and vigorous cleaning. These activities can cause the formation of unsightly and uncomfortable scar tissue, migration, prolonged healing and other complications.
- DO NOT USE ANY CHEMICALS TO CLEAN YOUR PIERCING OTHER THAN STERILE SALINE WOUND WASH
- Avoid over cleaning. This can delay your healing and irritate your piercing.
- Avoid oral contact, rough play, and contact with others bodily fluids on or near your piercing during healing.
- Avoid stress and recreational drug use including excessive caffeine, nicotine and alcohol.
- DO NOT submerge the piercing in bodies of water such as lakes, pools, jacuzzis, etc. THIS MEANS ABSOLUTELY NO SWIMMING OF ANY KIND DURING THE ENTIRE HEALING PERIOD OF YOUR PIERCING.
- Avoid **all** beauty and personal care products on or around the piercing including cosmetics, lotions, sprays, etc.
- Don't hang charms or any other object from your jewelry.

Should you have any problems or questions call us at: 605.357.8288.