

SUGGESTED PIERCING AFTERCARE

HOW YOUR PIERCING HEALS IS UP TO YOU!

Congratulations! You've just received a body piercing by a trained professional who cleaned and disinfected the area pierced and used sterile needles, piercing instruments and jewelry. Now it is up to you to take appropriate care of your piercing.

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PRODUCTS YOU CAN USE:

1. Saline Solution: Saline is the key to quick healing - it promotes balance so you heal faster! The easiest, safest and most accurate way to acquire saline is Blariex Wound Wash Saline. It is sterile and comes in a pressurized can. You can also use saline solution for contact lenses, preferably sterile and preservative-free. Do not use contact cleaning solutions or soaking/enzyme solutions.

2. Q-tips, especially when you have a piercing (such as a nostril) where getting at one side may be difficult.

WARNING: CHEMICALS WILL NOT HELP YOU HEAL FASTER!

Chemicals of any kind will upset the balance inside your body and your piercing will heal very slowly (if ever).

DO NOT USE any product containing an active ingredient and/or marked "For External Use Only" including, but not limited to: H2Ocean, Satin, Provon, Rubbing Alcohol, Hydrogen Peroxide, Bactine, Ear Care Solutions (benzalkonium/benzethonium chloride), Antibacterial soaps (i.e. liquid Dial or Softsoap), Neosporin (or other petroleum-based ointments), Betadine (povidone iodine) or Hibiclens.

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HOW TO CLEAN YOUR PIERCING ALWAYS WASH YOUR HANDS BEFORE TOUCHING YOUR BODY PIERCING

Saline Rinse:

Soften any "crusties" on the jewelry and the surrounding skin with saline and without turning the jewelry (soaking does a tremendous job - see below). Gently clear any lymph (crusties) using a clean Q-tip and saline without turning the jewelry. Do this a few times a day, when activity might cause the ring to turn (exercise, etc), and anytime the jewelry feels "sticky" or uncomfortable until your piercing is healed.

Saline Soak:

Heat a small amount of saline in a clean container in the microwave. Place this solution in a position that will soak the piercing. For instance, hold a small glass over your navel or nipple and lie back or use cotton balls, gauze, or a clean washcloth for hard to get to piercings. Leave the warm saline solution there until it is cold, then rinse the piercing with fresh saline solution. Do this at least once per day.

NEVER move the jewelry back and forth through the piercing - it does more harm than good.

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TIPS AND ADVICE:

ALL PIERCINGS: Do not play with new piercings, as physical irritation is the cause of many problems. Leave them alone. When clothing must cover the piercing, wear clean, loose, breathable (cotton) clothes.

SWIMMING: Chlorine is tremendously drying and irritating to new piercings and should be avoided. If you cannot stay out of the water, then do your best to soak the piercing and rinse with saline whenever you swim. Avoid hot tubs until the piercing is healed. Lakes and oceans are a topic of debate, but a couple of things are for certain: sewage is frequently dumped into these water systems and presents an additional risk - lakes, slow-moving rivers, marinas, and the like are the most risky areas as the water is not frequently cleared out - staphylococcus is found in tropical waters. On the other hand, some people report that their piercing healed instantly after swimming in the ocean. Use discretion, and pay attention to the condition of your piercing.

KELOIDS AND SCAR TISSUE: A large majority of people mistake irritation for scarring. If you suspect you are developing scar tissue - contact your piercer. There are several approaches to dealing with these problems, and your piercer can help point you in the right direction.

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HOW LONG SHOULD IT TAKE?

We can't know exactly how long it will take for your piercing to heal. Expect new piercings to be sore and red for about a month - if there isn't a marked improvement after that time, contact your piercer for evaluation and advice. Continue to clean your piercing once a day for as long as you have it.