

## **PIERCING AFTERCARE**

### **Hot Compress or Osmosis**

(Approx. ¼ teaspoon of sea salt to ½ pint hot water). This method works best when used with hot but not boiling water.

Soak a cotton pad with the saline solution and place on the piercing for 5 minutes (until it starts to cool down). This helps to open the pores of the skin. Pour the remainder into a clean container that's just big enough to cover area (e.g. navel/mug, eyebrow/long contact lens case or an eggcup). Soak the piercing for 10 minutes, making sure the water is warm at all times. This draws any of the impurities or trapped fluid out of the piercing.

An antibacterial solution should be used to clean this area. This can be Benzalkonium Chloride on a cotton bud or an antibacterial soap (Provon, Satin or Antibac) which should then be rinsed off with CLEAN water thoroughly.

This can be repeated a few times a week to heal a piercing, but when treating a problematic piercing, twice a day is preferable.

## **NAVELS, NIPPLES, AND GENITALS (MALE AND FEMALE)**

These piercings can be amongst the hardest to heal due to irritation from clothing and lack of air to the piercing.

Any crust formations on the jewellery should first be soaked off with clean warm water – preferably in the shower. For best results this should be repeated no more than twice daily. The most common irritation with navel piercing is clothing. Waistbands or trousers, skirts, underwear etc. should be kept off your piercing at ALL times. Also try and avoid aggressive exercise and sleeping on your stomach. You may find that chlorinated swimming pools, jacuzzis, or saunas may cause irritation or infection. To prevent this, try using a 'Tegaderm' or 'Mepore' or similar dressing, which is specially designed to keep the area dry and clean.

## **EARS, SEPTUM, NOSE, EYEBROW AND EARL, OUTSIDE LIP AND CHEEK**

As facial and ear piercings are harder to soak, cleaning after a bath or shower will make the whole process a lot easier. Wet a clean cotton bud with Benzalkonium Chloride and soak around the piercing and jewellery, making sure to remove any crust formation. When totally clean, dry the area with a fresh cotton bud. Repeat this process 2-3 times daily.

### **Tongue, Inside Lip and Cheek**

An oral piercing is when all or part of the jewellery is inside the mouth. The following instructions are to be used to care for the inside of the mouth. To care for the outside, follow the instructions for a facial piercing. To clean the inside of an oral piercing we suggest a special antibacterial mouthwash, 'Tech 2000', which is alcohol-free and can be used undiluted. If an alcohol-based mouthwash is used it should be diluted 1/3 mouthwash to 2/3 water. It should be used after everything you eat, drink or smoke until the piercing is fully healed. With all oral piercing there will be some swelling, this is perfectly normal and the jewellery you have been pierced with is large enough to allow this. Sucking ice can help reduce the swelling. If you are at all worried about the amount of swelling, or if the jewellery starts imbedding, please call in to have it looked at by your piercer. For the first few days of your new piercing, eating may be difficult (you may notice this especially with tongues). Take it easy, start on soft foods like soup or yogurt and work your way up to tougher foods. We suggest you avoid hot spicy foods at this stage. It is also advisable to change your toothbrush as your old one may harbour bacteria. The tongue is covered in a very natural healing agent called 'peptide'; this will help to aid the healing process.

When you get a piercing done, you must be aware that there may be some minor swelling or scaring to the area. Although not a common occurrence, some piercings have the potential to

reject, or grow out. This is only a caution and you will find that there is only a very small amount of people which this will affect. We hope your experience with us has been a pleasant one and that we will see you again in the near future!

Enjoy your piercing!