

PIERCING AFTERCARE GUIDELINES FOR BODY PIERCING

Suggested Aftercare Guidelines for Body Piercing

CLEANING SOLUTIONS

- Sea salt mixture: Dissolve ¼ teaspoon of (iodine - free) sea salt into one cup 250ml of clean, warm boiled or bottled water. A stronger mixture is not better; a saline solution that is too strong can irritate the piercing.
- BPA Piercing Aftercare solution.
- Alcohol - free mouthwash for oral piercings.

CLEANING INSTRUCTIONS FOR BODY PIERCINGS

- WASH your hands thoroughly prior to cleaning or touching your piercing for any reason.
- SOAK for five to ten minutes TWICE per day. Invert a cup of warm saline solution over the area to form a vacuum. For certain piercings it may be easier to apply using clean gauze or cotton buds saturated with the solution. A brief rinse afterward will remove any residue.
- DRY by gently patting with clean, disposable paper products. Cloth towels can harbor bacteria.

WHAT IS NORMAL

- Initially: some bleeding, localized swelling, tenderness, or bruising.
- During healing: some discolouration, itching, secretion of a whitish- yellow fluid (not pus) that will form some crust on the jewellery.
- Once healed: the jewelry may not move freely in the piercing; no not force it. If you fail to include cleaning your piercing as part of your daily hygiene routine, normal but smelly secretions may accumulate.
- A piercing may seem healed before the healing process is complete. This is because tissue heals from the outside in, and although it feels fine, the interior remains fragile. Be patient, and keep cleaning throughout the entire healing period.

WHAT TO AVOID

- Cleaning with Bactine, alcohol, hydrogen peroxide, Detol or other harsh soaps, as these can damage cells. Also avoid ointments as they prevent necessary air circulation.
- Over-cleaning. This can delay your healing and irritate your piercing.
- 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.
- All oral contact, rough play, and contact with others bodily fluids on or near your piercing during healing.
- Submerging the piercing in unhygienic water such as lakes, pools, hot tubs, etc. Or use a waterproof wound-sealant bandage.

HINTS AND TIPS

- Unless there is a problem with the size, style, or material of the initial jewelry, leave it in the place for the entire healing period. See a jewellery-qualified piercer to perform any jewellery change that becomes necessary during healing.
- With clean hands or a paper product, be sure to regularly check threaded ends on your jewellery for tightness.
- Maintain cleanliness of telephones, headphones, eyeglasses, helmets, hats and anything that contacts the pierced area.
- During healing, it is not necessary to rotate your jewellery.
- The healthier your lifestyle, the easier it will be for your piercing to heal.

A PIERCING ISN'T COMPLETED UNTIL IT IS FULLY HEALED. THIS TAKES ACTIVE PARTICIPATION ON YOUR PART.