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## PIERCING AFTERCARE SHEET

### \*APPROXIMATE HEALING TIMES\*

CARTILAGE: 1 YEAR OR MORE  
EARLOBE: 6 - 8 WEEKS  
EYEBROW: 6 - 8 WEEKS  
GENITALS: 4 WEEKS TO 6 MONTHS OR MORE  
LABRET: 6 - 8 WEEKS  
LIP: 6 - 8 WEEKS

NAVEL: 6 MONTHS TO 1 YEAR OR MORE  
NIPPLE: 2 - 6 MONTHS  
NOSTRIL: 2 MONTHS TO 1 YEAR  
SEPTUM: 6 - 8 WEEKS OR MORE  
TONGUE: 4 - 6 WEEKS OR MORE

*\*PLEASE KEEP IN MIND THAT THESE APPROXIMATE HEALING TIMES ARE ONLY APPROXIMATES. THE UNIQUE HEALING POWER OF EACH BODY AND WHETHER OR NOT YOU FOLLOW YOUR AFTERCARE, CAN SHORTEN OR LENGTHEN ANY HEALING PROCESS.*

**REMEMBER; DO NOT CHANGE YOUR JEWELLERY UNTIL YOUR PIERCING IS HEALED. IF YOU HAVE QUESTIONS, CHECK WITH YOUR PIERCER. IF YOU THINK YOU HAVE AN INFECTION, SEE A DOCTOR.**

### **Taking Care of Your ORAL Piercing...**

#### **Rinses**

The best way to care for your oral piercing is to rinse your mouth for 30 - 60 seconds with a medical grade oral rinse after you brush your teeth in the morning, and after you brush your teeth at night. Just a capful of mouthwash is all you need. Do not use ordinary mouthwash, because most brands contain alcohol or other antiseptics that produce a burning feeling. These ingredients can irritate your new piercing and hinder the healing process. We use and recommend Oral B Anti-bacterial Rinse (or other Alcohol Free Antiseptic Mouthwash). Be careful not to over clean your new piercing, as this will also slow the healing process.

#### **Sea Salt Rinse**

For the first 3 -- 6 weeks, you should do a sea salt rinse after eating, after smoking, or after drinking anything but bottled water. **First:** fill a fresh disposable cup with one cup of warm water and add 1/4 teaspoon of non-iodized sea salt, stirring until the salt is completely dissolved. **Second:** rinse your mouth for about 15 seconds with the salt solution. The salt rinses will soothe your new piercing and also help calm the itching part of the healing phase.

#### **Ice**

Ice and cold liquids can help reduce swelling in oral piercings. Popsicles are also good ways to reduce swelling but be sure to do a sea salt rinse after. Remember: do a sea salt rinse after you eat or drink anything other than plain bottled water.

#### **Brushing Your Teeth**

It is important to brush your teeth three times daily to remove bacteria and plaque while your piercing is healing. Brush the post/ends to remove plaque. DO NOT use toothpaste that contains whiteners.

### **General Piercings: Taking Care of Non-Oral Your Piercing...**

#### **Sea Salt Soaks**

**First:** Fill a fresh disposable cup with warm water and add 1/4 teaspoon of non-iodized sea salt, stirring until the salt is completely dissolved. **Second:** Place the cup over the piercing and forming a seal (ie. navel), or dip the piercing into the cup (ie. Earlobe).

Soak your piercing for a minimum of 3 - 5 minutes, twice each day.

### **Taking Care of Your Non-Oral Piercing... (Cont.)**

## **Clear Glycerin Soap**

The best way to care for your new piercing is to clean it twice daily. The easiest way to clean your piercing is during a shower. The warm water and steam in the shower helps soften your skin and loosen the crust at the base of your jewellery, making the crust easier to remove. While in the shower, wash your hands thoroughly with clear glycerin soap then lather to wash around your piercing. Be careful to rinse thoroughly. Remaining soap will irritate the wound. **DO NOT** use antibacterial soap, or any soap containing color, fragrance, or animal products on your piercing. Gently remove the crust from your jewellery with a paper towel or gauze pad if you can't get it off using your fingers. **DO NOT** over clean. **Do NOT turn or spin your jewellery for any reason.**

## **\*ADDITIONAL TIPS (DO'S & DON'TS) FOR ALL PIERCINGS\***

**Ibuprofen** - An over the counter anti-inflammatory such as ibuprofen can help reduce pain and swelling in any new piercing.

### **NEVER touch your piercing without first washing your hands.**

**Do not** use petroleum based ointments, full strength hydrogen peroxide, or full strength rubbing alcohol on your healing piercing. These substances can irritate a healing piercing and using them may slow the healing process significantly.

**Check the jewellery** to make sure the screw-on ends remain tightened. You should make it a habit to do this each time you clean your piercing and before you go to bed at night. Make sure you wash your hands before touching your jewellery! Remember: tighten all threaded accessories by turning them to the right.

**During the entire healing period**, you should not change out your jewellery or remove it for any length of time. The jewellery acts as a drain for the wound created by the piercing needle. Removing your jewellery prematurely can cause an irritated piercing to close up, trapping draining fluid and leading to complications requiring a medical professional.

**Do not over-clean** your piercing. Cleaning more than twice a day (unless absolutely necessary) can irritate your piercing and prolong the healing process. If your piercing appears clean but is noticeably tender, reduce your cleaning regimen to only once a day. As you progress through the healing process, you will develop a successful and permanent cleaning routine.

**Do not engage** in rough activity that may threaten your piercing. Intense friction or pulling on a fresh piercing is a common way to trigger migration, a process in which the body "pushes" the jewellery out of the body.

**Do not** expose your fresh piercing to another person's body fluids. Use protective barriers such as condoms, even if you are in a monogamous relationship. For oral piercings (please remember) you have a wound in your mouth. Treat it gently and don't exchange any bodily fluids!

**Avoid** community swimming pools, hot tubs as well as rivers and lakes until your new piercing has healed. The water sources can be filled with harmful bacteria that can induce an infection and harm you/your piercing.

**Do not** use tobacco products or chewing gum while oral piercings are healing.

### **PLEASE FOLLOW ONLY THESE INSTRUCTIONS AND NOT THE ADVICE OF YOUR FRIENDS.**

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE STUDIO. IF YOU HAVE ANY HEALING ISSUES, SUCH AS EXCESSIVE SWELLING, SORENESS, REDNESS OR PUSS, PLEASE SEE YOUR PHYSICIAN FOR MEDICAL ATTENTION WITHIN 24 HOURS.