



Body Piercing Aftercare

During the healing process, secretions from the piercing often dry on the jewelry and around the entrance and exit points of the piercing. Cleanse and use aftercare 1 to 3 times daily. We recommend using an all natural aftercare product, such as "SUNSHINE MIST", available at Westcoast Piercing and Ink. The benefit of using this natural product is that it absorbs quickly into the pores to enhance the skin cells ability to heal faster from the inside out.

After cleansing with warm water spray Sunshine Mist directly on the piercing site after. If water is not available, spraying Sunshine Mist on the site will assist in softening the secretions (crusties) so you can remove them with a Q-tip. Re-spray and air dry. SUNSHINE MIST may be used on all NON-ORAL PIERCINGS and other types of abrasions such as cuts, bites, facial blemishes, friction burns or chaffing.

You may also soften secretions using a Sterile Wound Wash or a glycerine soap such as Pears. If using soap, cleanse once daily ~ lather the piercing, remove any secretions and rinse thoroughly. Ensure all soap residue is removed.

Tighten balls/gems/disk/ends etc. on jewelry daily to prevent loss. (righty-tighty, lefty-loosey).

DO NOT USE HYDROGEN PEROXIDE, BACTINE, RUBBING ALCOHOL or IODINE ON BODY PIERCINGS!

These products may increase dryness leading to cracking, creating an entrance point for bacteria or cause thick, discolored scar tissue. Products such as Polysporin or other petroleum based ointments should also be avoided as they may clog the pores around the piercing, not allowing it to breathe adequately, leaving the site gooey and moist (not what you want for a piercing. Soaps containing deodorants, cold creams, strong perfumes or other additives may also cause irritation and slow down the healing process.

- ❖ **ORAL PIERCINGS** such as lip, tongue, and cheek: Rinse twice daily, morning and evening, with mouthwash such as Crest Complete antiseptic mouthwash. For added oral hygiene: dissolve one teaspoon of sea salt in warm water and gargle a couple of times a day. Rinse your mouth with bottled water after everything you eat or smoke. Avoid oral contact or contact with others' bodily fluids on or near your piercing. A new toothbrush is recommended as bacteria is often retained in old bristles.

CAUTION:

- ❖ Avoid undue trauma such as playing with your jewelry, friction from clothing, excessive motion of the area, or vigorous cleaning. This can cause prolonged healing time, scar tissue, migration, and other complications.
- ❖ Wait until the piercing site is healed before removing jewelry, as the inner membrane of the piercing may tear easily when the jewelry is re-inserted. If for some reason you must remove your jewelry before the piercing is healed (eg. surgery, job interview, family function), insert a piece of nylon monofilament fishing line cut slightly longer than the length of the piercing. This will keep the piercing open until the jewelry is re-inserted
- ❖ Handling or oral contact with new piercings may cause infection. Do not use cosmetics, sprays or lotions on or around piercing site.
- ❖ Minor soreness may be experienced when some new piercings are healing. With proper aftercare, infections are rare. Should you show signs of infection (such as the piercing site becomes hot to the touch, very sore and/or excessive redness or discharge occurs for an extended period of time) we suggest you consult your piercing practitioner or a physician as soon as possible. Removal of the jewelry may cause the entrance and exit points to heal first, trapping bacteria inside the piercing. DO come in for a consultation prior to removing the jewelry.

ONCE THE PIERCING IS FULLY HEALED:

- ❖ When changing your jewelry, soften the surrounding tissue with warm, soapy water and slide the jewelry back and forth before removing. This thoroughly cleans and lubricates the site for insertion of the new piece of jewelry. Clean new jewelry with rubbing alcohol to ensure it is germ-free. For easier insertion, you may wish to further lubricate the jewelry with warm, soapy water. Ensure that your new jewelry is a highly polished implant grade piece.

If you have any further questions feel free to call (604) 584-BODY (2639)

Email: Info@Westcoastpiercing.com or visit www.Westcoastpiercing.com

"Celebrate the Most Precious Thing you'll ever own ... your BODY!"