



## Body Piercing Aftercare

There are 3 basic things to remember to help your piercings heal successfully.  
*Keep it clean ~ Keep it dry ~ Avoid touching it*

During the healing process, secretions from the piercing often dry on the jewelry and around the entrance and exit points of the piercing. Cleanse your piercing twice daily with a sterile saline wound wash. Saline wound wash and water are both helpful to soften up the "crusties or secretions" that you may find on your jewelry, as they both rinse away irritants or debris without harming the natural environment your body creates to help heal your piercing.

After cleaning it is important to keep your piercing dry, especially navel, earlobes, daith piercings and large gauge piercings. Bacteria enjoy warm, wet, and dark places, so taking the time to gently dry the area can help prevent potential issues. This can be done by using a blow dryer on the coolest setting, or gently patting dry with clean finely fenestrated gauze or lint free paper towels.

**ORAL PIERCINGS:** such as lip, tongue, and cheek: Rinse twice daily, morning and evening, with alcohol free mouthwash. Rinse your mouth with fresh or bottled water after everything you eat, drink 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.

Tighten balls/gems/disk/ends etc. regularly to prevent loss. (righty-tighty, lefty-loosey). REMEMBER, losing your jewelry is not covered by warranty.

### ***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 and can cause scar tissue. Products such as Polysporin or other petroleum based ointments should also be avoided as they are not intended for use on puncture wounds (piercings). It can starve the piercing site for air, not allowing it to breathe adequately, leaving the site goopy and moist (not what you want for a piercing). Furthermore, handling or oral contact of new piercings may cause infection. Avoid soaps, cosmetics and lotions on or near your piercing as they can cause irritation and slow down the healing process.*

### **Helpful Tips:**

- ❖ 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 a greenish/yellow discharge occurs) 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.
- ❖ 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), we carry retainers to keep the piercing site open until the jewelry is re-inserted.
- ❖ Avoid touching and playing with your jewelry, friction from clothing, excessive motion of the area, or vigorous cleaning. This can cause prolonged healing time, excessive scar tissue, migration, undue trauma and other complications.
- ❖ When changing your jewelry, cleanse and soften the surrounding tissue with warm water (and a small amount of gentle soap if needed) 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 your new jewelry with rubbing alcohol to ensure it is germ-free. For easier insertion, you may wish to use a small amount of water based lubricant to assist in inserting the jewelry. For best long term results, ensure that your new jewelry is a highly polished implant grade piece.

If you have further questions feel free to call us 604-584-2639 or via LiveChat on our webpage and webstore.

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