

piercing aftercare

CONGRATULATIONS ON YOUR NEW PIERCING

The aftercare instructions that we offer are based on many years of experience, but they are not definite. If in doubt, call us at 250-729-3909 or seek medical advice. Here at Sandra's Ink we strive to use the best techniques, jewelry and materials available and always take proper safety and health precautions. We will do our best to help anyone with a piercing problem, but we obviously have no control over how a client cares for their piercing or how their body reacts. We are therefore unable to guarantee any results. Your piercing will react to your stress levels by: irritation, redness, tenderness etc, until completely healed and a well-formed hole is developed.

GENERAL PIERCING AFTERCARE:

The following procedure should be used twice daily until the piercing is properly healed. (Refer to approximate healing times)

- Wash your hands THOROUGHLY with soap and water.
- Only touch the piercing when cleaning it. Unnecessary movement of the jewelry will irritate the piercing, increasing the healing time
- Check the beads on any threaded jewelry daily. The loss of the bead could mean the loss of the piercing. If the jewelry falls out of a fresh piercing, the piercing canal will collapse and you could lose the piercing
- Prepare a solution of either sea salt or Epsom salts and water (1/2 oz Epsom salt into 1 liter water).
- Place either a soaked cotton ball or a shot glass of the solution on the piercing and hold in place for ten minutes.
- Use a cotton swab dipped in salt solution to clean the jewelry, ensuring that any dried matter or debris is removed.
- Rotate the jewelry back and forth ensuring that the salt solution penetrates the piercing hole.
- Rinse with distilled water.
- In the case of infection: Heal the infection with the jewelry present.

SPECIFIC AFTERCARE:

ORAL PIERCINGS: Use a good quality mouthwash, non-alcohol (or regular diluted 50/50 with water). Gargle no more than 10 times per day (always after you eat, drink, or smoke. It is important not to overuse mouthwash, as it can remove good bacteria and cause infection. Alternatively, you may gargle with sea salt solution as above. You must tighten the barbell on a regular basis. (A good habit is to do this before you gargle) Here are some ways to deal with the swelling and to care for your oral piercing:

- Sucking on ice cubes, Popsicles, slurpees etc will provide temporary relief.
- Take an anti-inflammatory i.e.: Advil, Motrin, Ibuprofen etc
- Avoid citrus and hot foods (both warm and spicy).
- No kissing with tongue or oral sex for two weeks
- Do not play with piercing, it may irritate the tongue and damage the teeth.
- Sleep with your head elevated to reduce swelling and pain.
- Avoid contact with anyone else's body fluids
- Avoid the consumption of alcohol (esp. beer) for the first two weeks (increases swelling and dehydrates tissue)

- Avoid the consumption of met amphetamine drugs for one month (these stress the immune system and increase swelling)
- The consumption of anything dairy will introduce lactic acid to the tongue muscle, making it sore.
- Book an appointment in six weeks to down size the barbell if necessary.

FACIAL PIERCINGS: Follow General Aftercare Instructions and:

- Avoid cosmetics on the piercing. No cleansers, powder, foundation or lipstick

Nose Piercing: Cover nose jewelry with a small bandage when sleeping or showering, to prevent it from falling out. In the event that you do lose the jewelry you need to have a nose bone on hand, that you could insert, while waiting for an appointment to have the nose screw reinserted. This will help to avoid the expense of re-piercing.

GENITAL: The best way to clean a genital piercing is with your own urine. Urinate for a few seconds then dip a Cotton swab in the stream and use it to clean the piercing. A sea or Epsom salt bath will help to sooth the pierced area. Important: No oral or genital contact until completely healed.

CARTILAGE PIERCINGS: Follow the General Aftercare instructions and:

- Avoid any pressure on the piercing (this means no sleeping on the side you have been pierced on and not using the phone on that side)
- Do not use shampoo or conditioner in your piercing. If you do, be careful to thoroughly rinse it out in the shower
- Only touch your piercing (WITH CLEAN HANDS) to clean it (no picking or rotating)
- Warn your hairdresser of your fresh piercing to avoid any accidents with combs, scissors or hair chemicals
- Be careful when brushing or combing your hair. Sweep around your ear, not across it

RECOGNIZING INFECTION:

An infection generally has four symptoms, all of which may be common on their own, but in combination may indicate infection. Those symptoms are: Swelling, Redness, Pus discharge and Sensitivity to touch. If in doubt, call Sandra’s Ink at 729-3909.

Touching a piercing with unwashed hands is THE # 1 cause of infection!!

AFTERCARE PRODUCTS:

MILD ANTISEPTICS such as sea salt solutions and witch hazel are good for loosening crusty formations and also for drawing out infection; and is recommended for most piercings.

STRONG ANTISEPTICS need only be used in the case of infection and are not generally required; i.e.: Hibitane (use care- harmful to eyes and inner ear). Betadine (may discolor plastic or gold jewelry)

APPROXIMATE HEALING TIMES:

Nose	- three to four months	Septum	- three months
Eyebrows	- three to four months	Labret	- one month
Tongue	- two to six weeks	Nipple	- four to six months
Genital	- two to six weeks	Navel	- six to eight months
Earlobes	- two months	Ear Cartilage	- six to eight months

THANK YOU FOR CHOOSING MARIA.

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