

SUGGESTED PIERCING AFTERCARE

(read this or the dog gets it)

WARNING: CHEMICALS WILL NOT HELP YOUR BODY TO HEAL FASTER!

Quite the opposite in fact. Chemicals of any kind will upset the balance within your newly forming cells and create a condition in which your piercing will heal very slowly (if ever).

DO NOT USE: Rubbing Alcohol, Hydrogen Peroxide, Bactine®, Ear Care Solutions (or any other benzalkonium chloride solutions), or Antibacterial soaps (such as liquid Dial® or Softsoap®). Stay away from any and all active ingredients in daily-use products.

PRODUCTS YOU CAN USE:

Dr. Bronner's Castille (not peppermint)

Oatmeal Soap

Olive Oil Soap

Coconut Soap

Glycerin Soap

} All Fragrance Free

Proven Medicated Soap

Generic Saline Solution (for sensitive eyes only)

Sea Salt Mixture

Sodium Chloride

Tegaderm Waterproof Bandage

- Once you have a preferred soap, be sure to always wash your hands first before handling piercings!
- Hot soaks, compresses, bathtub soaks: **Add 1/4 tsp sea salt per 8 oz.**, roughly one cup of hot as you can stand it water. To soak, invert a cup of hot water over the piercing, forming a vacuum and soak for 5-10 minutes until water cools. Bathtub soaks need to be done in a freshly cleaned tub with 2-3 cups of sea salt in again very warm water and are great for all piercings. Rule of thumb: sea salt mixtures should taste no saltier than your tears. You can find sea salts in most health-food stores.
- In the shower is a good time to clean your pierce once of the 3x per day. for piercings below the neck. First let the water help you to remove any crusted matter, then apply the diluted soap gently topically to the piercing. Leave the soap on the surrounding area of the piercing for no more than 2-3 minutes, then rinse thoroughly. Don't allow any residue to remain in the piercing.
- To clean the piercing without showering use a hot compress/soak for below the neck and above the beltline pokes (see above for instructions) or use saline solution for sensitive eyes contact formula and a q-tip to apply and clean the area. For facial piercings this is a great way to clean.
- Clean the piercing no more than 2-3 times a day. Cleaning more frequently may damage the delicate skin cells, and cleaning less frequently may invite an infection. When you're not cleaning the piercings, leave it alone. Or the optional for infection is greatly heightened

WHAT ELSE CAN I DO?

- Know that a healthy mind, body and spirit can only help you in your healing process!
- Many piercees have found that Vitamin C (3000 mg mineral ascorbate form) and multivitamin supplements speed healing and regeneration of tissue.
- Another option to include in the care of cartilage, lip and nostril piercings is chamomile tea compresses. To do so, brew a bag of chamomile tea in a cup of hot (boiling) water. Let it steep a few minutes, remove and place the bag on the edge of the cup let it cool to bathtub temperature and apply the teabag as a compress to the piercing till cool repeat procedure over an over till you get a total of 5 minute **hot compress**. When actively having inflammation, do 2-3x per day. It works.
- Navel piercees should avoid wearing belts, tights, tight pants, or restrictive clothing for about 4-6 months directly over the site. Let it breathe!
- Avoid chemical products on all piercing sites. These may include, but are not limited to: cosmetics, shampoos and conditioners, sun tan lotions, moisturizers, hair gel and spray.
- For the first 6-8 weeks, avoid sunning and swimming in standing bodies of water (i.e. lakes, pools, hot tubs which contain bacteria and/or harsh chemicals). Otherwise you will want to protect the piercing with a waterproof bandage (tegraderm available in most drugstores) for those 1st 6-8 wks With sun exposure, especially UV rays can destroy new tissue a standard adhesive/bandaid to block the rays is good for the 1st 6-8 wks.

A NORMAL PIERCING...

- May be tender, itchy, or bruised for a few weeks.
- May be slightly red. Redness may persist for several months to a full year depending on the piercing.
- May bleed a little for the first days.
- May secrete a whitish-yellow fluid, which may crust on the jewelry. This is lymph discharge. Do not pick or a kitten dies and you get an infection.

LIPS/TONGUES/LABRETS/MONROE

WHAT TO DO:

1. Rinse your mouth with sea salt. Mix 1/4 tsp with 1 cup warm water or Biotene® or Rembrandt® mouthwash for 30-60 seconds within 15 minutes after you drink/smoke/eat or put anything else into your mouth for the first 4 weeks. 6-8x per day

WHAT YOU'LL NEED:

1. Sea Salt - mix 1 teaspoon sea salt to 4 cups of warm water for a bottle to carry around OR
2. Biotene® mouthwash OR
3. Rembrandt® mouthwash OR
4. Tom's of Maine Mouthwash
5. Ice for swelling the first 3-5 days with tongues. You might want to try Advil® (Ibuprofen) or Aleve® for swelling and soreness. Avoid hot and spicy foods. Hot drinks and salty foods can be irritating and make it swell more. No kissing or oral contact for at least 4 weeks. Yes I said no sucking nothing! For 30 days

HOW CAN I TELL IF I HAVE AN INFECTION?

While these symptoms may also indicate other problems, look for the following signs of infection. Also note that most irritations are not infections, but the result of excess friction, chemical irritation, or improper jewelry:

- A sensation of heat at the piercing site.
- Pain, especially throbbing or spreading pain.
- Unusual discharge. It may be yellowish, greenish, or grayish.
- Slight odor

I THINK I HAVE AN INFECTION. WHAT SHOULD I DO?

- DO NOT remove the jewelry! This may aggravate the problem by closing off the draining of the matter.
- Visit your piercer and show him/her the piercing. Also tell him/her about any circumstances which may have led to an infection.

COMMON PROBLEMS YOU CAN AVOID:

- Over-cleaning or not following this after care sheet.
- Friction caused by tight or heavy clothing, rough sexual activity, or excessive movement of the area can cause dark redness, keloids, discharge and rejection/migration of the jewelry.
- Stress, poor diet, or illness can cause longer healing times.
- Occasionally, the selected jewelry may not be appropriate. This may or may not be due to circumstances that occurred after the piercing. Contact your piercer if you suspect that you may need different jewelry.

Please call me, Amiee (pronounced Ahmee) if you have any questions.

In Ptown Shop: (508) 487-7979 May - October

(413) 586-5203 November - May This is my cell, can't help if you don't call.