

## PIERCING AFTER CARE

### Whats Normal?

- Initially, some bleeding, localized, tenderness or bruising
- During healing some discoloration, itching secretion of a whitish-yellow fluid (Not Pus) that will form crust on the jewelry The tissue may tighten around the jewelry as it heals.
- Once heals the jewelry may not move freely in the piercing: DO NOT force it. If you fail to include cleaning your piercing as part of your daily hygiene routine, normal but smelly bodily secretions may accumulate.
- A piercing may seem healed before healing is complete. This is because piercings heal from the outside in , and although it feels healed the tissue remains fragile on the inside BE PATIENT. And keep cleaning throughout the entire healing period.

### WHAT TO DO?

- wash your hands prior to touching the piercing; leave it alone except when cleaning it is not necessary to rotate the jewelry while healing except possibly during cleaning.
- Make sure that your jewelry and skin is free from any discharge before you attempt to move the jewelry Imation can occur when matter is accidently forced into the piercing
- Stay healthy! Eat a nutritious diet. The healthier your lifestyle the easier it will be for your piercing to heal exercise during healing is fine just “listen to your body.
- Make sure your bleeding is kept clean and changed regularly .Wear clean comfortable, breathable clothing that protects your piercing while sleeping
- Showering is safer then taking a bath because bathtubs tend to harbor bacteria if you would like to take a bath ,clean the tub well before each use.

### CLEANING SOLUTIONS

- Use either one or both of the following solutions for cleaning body piercings.
- Packaged sterile saline solutions with no additives (read the lable!) or non-iodized sea salt mixture dissolve 1/8 – ¼ teaspoon of none –iodizes (iodine-free) sea salt into one cup (8 oZ) of warm distilled or bottled water. A Stronger mixture is not better! Saline solution that is too strong can irritate the piercing.
  - Liquid auto-microbial or germicidal soap.

### CLEANING INSTRUTIONS FOR BODY PIERCINGS.

- 1 .WASH your hands thoroughly prior to cleaning. Or touching on or near your piercing

- **2. SALINE** soak at least two to three times daily. Simply invert a cup of warm saline solution over the area to form a vacuum for a few minutes the longer you soak, the better for certain placements. It may be easier to apply using fresh gauze or a cotton ball saturated in saline solution. A brief rinse will remove any residue.
- **3. SOAP** no more than once or twice a day. While showering. Lather up a pearl size drop of soap from the piercing.
- **4. DRY** with disposable paper products such as gauze or tissues. Because cloth towels can harbor bacteria and catch on new piercing causing injury. Pat gently to avoid trauma.

#### **WHAT TO AVOID.**

- **Avoid undue trauma** such as friction clothing excessive motion of the area playing with the jewelry and vigorous cleaning these activities can cause the formation of unsightly and uncomfortable scar tissue, migration, healing and other complications
  - **Avoid the use of alcohol, hydrogen peroxide, Betadine, Hibiclens or ointment**
    - **Avoid over cleaning** this can delay your healing and irritate your piercing
- **Avoid all oral contact, rough play, and contact with others bodily fluids on or near your piercing during healing**
- **Avoid stress and recreational drug use including excessive caffeine, nicotine and alcohol.**
- **Avoid your piercing using a special water-proof bandage such as tegaderm, which is available at drug stores.**
  - **Avoid all beauty and personal care products on the piercing including cosmetics, lotions, sprays, etc.**
  - **Don't hang charms or any other object from your jewelry until the piercing is fully healed.**

#### **Hints and Tips jewelry**

- **Unless there is a problem with the size, style or material of the initial jewelry, leave it in place for the entire healing period. A qualified piercer should perform any necessary jewelry change that occurs during the healing**
- **Contact your piercer if your jewelry must be temporarily removed (such as for a medical procedure) There are non-metallic jewelry alternatives.**

- Leave jewelry in at all times Even old , well healed piercings can shrink and close in minutes after having been there for years! If removed re-insertion can be difficult or impossible .
- With clean hands or paper product , be sure to regularly check the threaded end on your jewelry for tightness . (“Right-tighty , lefty-loosey”)
- Carry a clean spare ball in case of lost or breakage
- Should you decide you no longer want the piercing, seek professional help in the removal of the jewelry and continue cleaning the piercing until the hole closes . In most cases only a small indentation will remain.

#### FOR PARTICULAR AREAS NAVEL

- A hard , vented eye patch (sold at pharmacies) can be applied under tight clothing (such as nylon stocking) or secured using a length of ace bandage around the body ( to avoid