YOUR NEW PIERCING

Your new piercing has been performed by a professionally trained piercer using the highest standards of technique and sterilization. In order to ensure that your new piercing heals without complication, proper aftercare is important.

What follows is a general outline of information regarding a new piercing. For more information, or any questions or concerns, please do not hesitate to contact us. Any suggestions or comments made regarding your aftercare, whether given verbally or printed, are not to be mistaken for, construed as, or substituted for, medical advice.

WHAT TO EXPECT

-Slight swelling, bruising, and/or tenderness.

-Slight Bleeding.

-Small amounts of redness.

-Slight amount of discharge, whitish to yellow in color, known as “crusties”.

TIPS FOR A SMOOTH HEALING PROCESS

-Leave your piercing alone.

-Appropriately sized jewelry that is implant grade and internally threaded or press fit.

-Avoid switching out your jewelry too early.

-Eating a healthy and nutritious diet and be sure to drink lots of water.

-Avoid over cleaning and the use ointments, hydrogen peroxide, alcohol, Bactine, etc,.

-Wear a permeable, water proof bandage such as Tegaderm if water activities can not be avoided.

WHAT ABOUT INFECTION?

The chances of your piercing becoming infected are very minimal if appropriate care is taken.

-Hands off!

-No oral contact with the piercing.

-Avoid all bodily fluids during healing.

-No submerging your piercing in any pool of water for specified amount of time.

SIGNS OF INFECTION

-Severe redness.

-Pain.

-Warm to the touch.

-Thick discharge: yellow or green in color.

WHAT IF I SUSPECT AN INFECTION?

-Do not remove the jewelry!

-A visit to your piercer may shed some light on the situation; however the only people who can diagnose or treat infections are physicians.

-An infection in a piercing can lead to more serious complications if left untreated.

CLEANING YOUR NEW PIERCING (NON oral)

-Always wash your hands with a mild soap if you have to touch your piercing.

-While in the shower, allow water to run over your piercing to loosen up any discharge.

-Spray piercing aftercare solution that is provided directly on the piercing 2-3 times a day.

-With a q-tip, gently wipe away any access product and buildup.

SPECIAL CONSIDERATIONS FOR PIERCINGS

-Avoid the use of home tools on your jewelry to avoid any damage!

-Retainers are available for healed piercings in case of medical procedures or the event that the piercing needs to be hidden.

-Keep all cosmetic and hair care products away from the piercing.

-Avoid snagging the jewelry or bumping the piercing.

-Piercings sometimes can develop a small bump near the piercing. This is often easily resolved, consult your piercer.

-Change your bed sheets and pillow cases frequently

-Avoid hair waxing in the area for at least 3 months as this may irritate your healing piercing.

CLEANING YOUR NEW ORAL PIERCING:

-Use an alcohol-free, antiseptic mouthwash, such as Biotene, Tom’s of Maine, or Rembrandt mouthwashes for 60 seconds 2-3 times a day.

-Rinse with mouthwash no more than 3 times a day.

-Rinse frequently throughout the day with fresh bottled water.

-You can gently brush around the area daily to prevent plaque build-up.

SPECIAL CONSIDERATIONS FOR YOUR ORAL PIERCING:

-Swelling is normal and can be kept to a minimum with the use of cold products. Avoid chewing or sucking on the ice.

-Softer foods are suggested for the first few days.

-Avoid foods that are hard, crunchy, spicy, or salty.

-Avoid, or reduce the consumption of alcohol, caffeine, and tobacco for the first week in order to minimize irritation.

-Avoid playing with jewelry.

-You may develop a white ring of tissue around the piercing during the healing period. This is normal.

DOWNSIZING

-The length of the jewelry installed in your piercing may initially be longer to allow for swelling.

-Your piercer will make a suggestion for when to downsize your jewelry.

-Failure to downsize the jewelry may increase the risk of problems with your piercing, including excessive scar tissue and/or dental damage.