



This aftercare sheet is given to you as a written reminder and reference to the advised aftercare for your new piercing.

As piercings involve breaking the surface of your skin there is always a potential risk of infection. Your piercing should be treated as a wound initially and it is vitally important that you follow aftercare advice so that the risk for infection is minimised.

General Piercing Advice:

- Most piercings bleed at first but this should stop within a few minutes. This may occasionally reoccur during the first few days and should stop with applying pressure for a few minutes. If the piercing continues to bleed excessively/continuously; contact the studio or seek medical attention.
- It is strongly advised that a new piercing **is handled as little as possible**. Avoid total submersion in water, particularly for the first two days. This is to avoid exposure to germs. For the same reason **do not pick or play with a new piercing**.
- **Always** wash and dry your hands before and after handling a new piercing site.
- Do not use fingernails to move or manipulate the piercing.
- **Clean your piercing at least twice daily**.
- To clean your piercing use a saline solution along with a fresh ear bud or cotton wool to clean the site. Saline solutions can easily be obtained directly from the studio or from any pharmacy.
- Avoid chemicals that can damage the delicate piercing site. **Never** apply hot solutions or surgical spirits to a piercing site.
- Use a clean container or bowl to hold your cleaning solution.
- Soak or clean off any crust formation around the piercing before attempting to turn or move it.
- Always pat dry your piercing after cleaning with a clean tissue.
- Avoid swimming for the length of the healing period.
- Try to wear loose, cotton clothing to minimise rubbing and irritation to the new piercing site.
- Most piercing sites swell to some extent initially, hence your piercer may use jewelry that is longer than the piercing holes at first.
- New piercings should be kept dry and exposed as much as possible.
- Only change your piercing jewelry as advised by your piercer.
- New piercings can be tender, itchy and slightly red. A clear odourless fluid may sometimes discharge from the new piercing site and form a crust. **This should not be confused with pus**. The new piercing can remain as mentioned for a few weeks.

Specific Piercing Aftercare:

- **Nipple (Male):** Clean as in the general advice section. Minimum healing time is **four to six months**.
- **Nipple (Female):** Follow general advice section. Cotton bra's/nipple pads will aid in protecting the site from friction. If the site is oozing, nipple pads should be used and soaked off before cleaning the site. The minimum healing time is **four to six months**.
- **Ear Lobe:** Clean as in the general advice section. The minimum healing time for flesh ear piercings is **two months**. Cartilage ear piercings may take **three months to a year** to heal.
- **Nose Septum:** Follow general advice section and use a warm saline solution to soften and remove crusts **twice daily**. Minimum healing time is **two months**.
- **Nose/Nostril:** Follow general advice section. Clean the piercing **twice times daily minimum** on the **OUTSIDE ONLY**, do not touch the inside. Minimum healing time is **three months to a year**.
- **Lip, Cheek, Labret, Madonna & Philtrum:** Follow general advice section cleaning the piercing twice daily. Use an antibacterial mouth wash such as ANDOLEX twice daily to clean the inside site and every time you eat, drink or smoke. Minimum healing time is **three months**.
- **Web/Smiley:** These piercings should be cleaned the same as tongue piercing aftercare. Minimum healing time is **one month**.

- **Tongue:** A antibacterial mouth wash such as ANDOLEX mouth wash is advised and can be obtained from any pharmacy. The mouth should be washed **twice daily** and after eating, drinking and or smoking. The balls of the piercing should be checked **twice daily** with clean hands to ensure they are screwed on tightly. The mouth can still be cleaned gently with toothpaste and a soft toothbrush. Chewing gum is discouraged until the piercing site has healed. Care should be taken with use of utensils when eating to avoid damaging the piercing site. Spicy food and alcohol may need to be avoided in the first week of healing as these may cause stinging. Oral sex should be avoided until after the first two weeks and first bar change. The bar size may need to be changed after 10-14days (Not before 10 days). This can be done by the piercer in studio. Minimum healing time is **two months**.
- **Belly Rings/Naval:** Follow general advice section, ensuring to clean both the top and bottom of the piercing site **twice daily**. With Belly/Naval piercings you can expect some swelling, redness and discharge which may form a crust. These symptoms should lessen within **six to eight weeks**. Avoid wearing tight clothing until the site has healed. Cover the site with a clean, dry dressing if doing any form of exercise. Avoid swimming until the site is healed. Minimum healing time is **four months to a year**.
- **Genital:** Follow general advice section cleaning the site **twice daily** with warm water. Tight restrictive clothing should be avoided to prevent friction and irritation to the site. There may be intermittent bleeding for the first few days after the initial piercing. Both males and females are advised to use panty liners to absorb excess moisture and provide protection to the site. For males where the urethra is pierced you may pass blood in your urine for a few days. Bleeding should only be minor, if continuous or heavy loss you must seek immediate medical attention. There may be difficulty passing urine due to swelling or scarring. Sexual contact should be avoided for the first **two weeks**. Minimum healing time for male genital piercing and female including inner labia and clitoral hood is **one to three months**. Some more extreme male piercings may take a minimum of **four months**. Female outer labia may take up to **six months**.

Common Complications:

Infection: If aftercare advice is not followed correctly infection can occur at the piercing site.

Possible indications of infection are:

- Increased redness or swelling.
- Piercing abnormally painful to the touch.
- Painful throbbing sensation or 'heat' at the site.

SHOULD ANY OF THE ABOVE LISTED COMPLICATIONS OCCUR, IMMEDIATELY SEEK ADVICE FROM THE STUDIO OR MEDICAL ATTENTION.

Jewelry Migration: It is not uncommon for piercing jewelry to move outwards through your skin. This most commonly occurs with Belly/Naval piercings & eyebrow piercings. Please see your piercer if you notice this occurring, as if this is left unchecked it can lead to the piercing being pulled or torn out of the skin and subsequently permanent scarring.

Specific Piercing Complications:

Ear & Nose- Small lumps can form around the piercing site, this is known as keloid scarring and is not uncommon. If they persist contact your piercer for advice or your GP.

Nose Septum- Can be very tender for a few weeks.

Eyebrow- Can be problematic due to thin skin and migration may occur.

Oral- Piercing can cause permanent damage to teeth due to constant friction of the jewelry against teeth enamel. This can be corrected by using the correct sized jewelry which your piercer will advise you on.

If You have any concerns or questions regarding your healing piercing and or further aftercare advice do not hesitate to contact the studio or your piercer

It is the responsibility of the client to ensure aftercare advice is followed. The piercer is not held responsible for a poorly healed piercing or infections due to aftercare procedures not being followed.