

PIERCING CARE SHEETS

WHAT'S NORMAL FOR A PIERCING?

- May be tender, itchy or bruised for a few days.
- May be slightly red. Redness may persist for months.
- May bleed a bit for the first few days.
- May secrete a whitish yellowish fluid with crusts on the jewelry. This is blood plasma, lymph and dead cells. This is completely normal and is not an infection.
- May lighten or darken at the jewelry as it heals.
- May form "stress bumps" near entry & exit points of the piercing if irritated. THIS IS NOT A KELOID!!!
- May fold to one side. If this happens, do not force the jewelry straight.
- Body may be more comfortable at this angle.

ABOVE & BELOW THE NECK:

Earlobe, Ear cartilage, Eyebrow, Nostril, Septum, Facials, Nipples,

Navel, Surface & Genitals (MALE & FEMALE)

- Choose a gentle liquid anti-bacterial soap: Satin soap (anti-microbial), Dove, Ivory, Neutrogena (Provon soap, medical), Johnson's Baby Soap (Castile soap), or Lever 2000 (anti-bacterial). Any other cleaning agents will irritate the piercing and slow the healing process.
- Wash hands well before touching piercing.
- Use a fresh cotton swab to remove any crusted matter. Lather up the swab turning or moving the jewelry to work the soap into the piercing.
- Rinse the piercing thoroughly making sure all soap is gone.
- Dry thoroughly
- Lubricate piercing entry & exit site with A&D Ointment or Bactracin.
- Other agents will irritate the piercing and slow the healing process.
- Ice down for time told.

ORAL PIERCINGS:

Tongue, Lip, Labret, M. Monroe, Medusa, etc .

- Brush teeth, tongue and inside oral cavity thoroughly and rinse with mouthwash like Listerine, Dr. Tichner or Biotene (alcohol free). You should dilute your mouth wash 50 - 75% with water to avoid damaging new skin cells.
- Sea salt soaks once a day will also help increase healing time. Fill an 8 ounce cup with warm water, then add a pinch (a 1/4th of a teaspoon) and mix together. Gently rinse your mouth and around the piercing for about 30 seconds, spit it out and then do it again with fresh solution. Repeat these steps 3 times.
- If you have a LIP PIERCING (Labret, lip, M. Monroe, etc.) you must also clean the outside of the piercing! Wash hands thoroughly. Use a fresh, clean cotton swab, remove any crusted matter then work soap gently into the piercing. Rinse the piercing thoroughly.

OTHER PRECAUTIONS

- With clean hands, make sure the ends of your jewelry are on tight! Once your initial healing time is complete, we recommend that you come in to have a shorter post put on your piece of jewelry. This will reduce the chance of your jewelry getting caught on your teeth or rubbing on your gums.
- Taking vitamin C (3000mg in mineral ascorbate form), multivitamins, and Zinc supplements (women-60mg, men-120mg for about 2 weeks) will speed up healing and regeneration of tissue.
- Persons receiving oral piercings should sleep with head elevated on pillows for the first 3-5 nights. This will keep your head elevated above your heart and reduce over-night swelling.
- Anti-inflammatory such as Advil, Motrin, Aleve, etc. will help diminish swelling. Drink plenty of cold water and ice.
- Hot soak and warm compresses are strongly suggested for navel and nipple piercings.
- Nipple pierces may want to sleep in a tank top, sports bra or halter top for the first few nights.
- Avoid restrictive clothing, irritating clothing or clothing that limits oxygen flow to the area.
- Sexual contact should be avoided for a couple of weeks, and then when it happens it should be gentle and protection should be used (avoid condoms that use Nonoxynol 9)

ESTIMATED INITIAL HEALING TIMES

- Earlobe, Septum, Tongue, Tongue Tip, Vert & Horz Clitoral Hood, Clitoris, Inner Labia, Prince Albert
4-6 weeks
- Eyebrow, Labret, Foreskin
6-8 weeks
- Ear Cartilage, Nipple, Nostril, Outer Labia, Dydoe, Frenum, Scrotum, Guiche
2-3 months

- Ampallang, Apadravya, Various Swface

4-6 months

- Navel

6-9 months

INFECTIONS

Infections are caused by contact with bacteria, fungi or other living pathogens. Piercing infections can usually be traced to one of the following activities: Touching the piercing with dirty hands, oral saliva or bodily fluids (yours or someone else's). Contact with hair, cosmetics, oils, infrequent washing or other agents, such as going into pools, hot tubs, lakes, beaches, etc. Your own bath water is OK.

HOW CAN I TELL IF I HAVE AN INFECTION?

While these symptoms may also indicate other problems, look for the following indications of infection: Redness and swelling; a sensation of heat at the piercing site; pain, especially throbbing or spreading pain; unusual discharge (may be yellowish, greenish or grayish).

WHAT SHOULD I DO?

- See your piercer first. Let him/her see the piercing and inform him/her of all the circumstances that led up to the infection. If serious, you will be instructed to see you physician.
- PLEASE don't remove the jewelry!! This may aggravate the problem by closing off the drainage site. The effectiveness of oral antibiotics depends on the selection of the right one for the job. This should only be done by a doctor. If using over-the-counter topical ointments, you should use sparingly for no more than 3 to 5 days.

Disclaimer: *These guidelines are based on a combination of vast professional experience, common sense research & extensive clinical practice. **THIS IS NOT TO BE CONSIDERED A SUBSITUTE FOR MEDICAL ADVICE FROM A DOCTOR!!!** Be aware, however, that many doctors have no specific training or experience regarding piercing & may not be educated on how to assist you.*