

## BODY PIERCING AFTERCARE INSTRUCTIONS

### **Congratulations!**

You've just received a body piercing by a skilled and knowledgeable professional, who cleaned and disinfected the area pierced, used sterile instruments along with high quality, industry approved, jewelry and single use needles.

Now it is up to you to take proper care of your piercing during the crucial healing period. How your piercing heals is up to you and your body.

### **Cleaning products**

H2Ocean Piercing Sea Salt Spray  
Dr Bronner's Pure Castile Soap/baby  
mild scent

### **Cleaning procedures**

Always wash your hands before cleaning your piercing.

Once a day, near the end of your shower, wash the piercing with Dr. Bronner's Pure Castile Soap Baby Mild (never antibacterial or triclosan soaps). Clean both sides of piercing and the jewelry. This helps remove any dried secretions as well as any bacteria that may be on or near the piercing. Be sure to rinse all soap from the piercing afterwards.

Additionally, it is important to use the H2Ocean Piercing Sea Salt Spray 3-4 times daily (no more). If the piercing has no dried secretion, it is best to spray both sides of piercing and be done. However, if there is dried secretion that needs to be removed, first, saturate the piercing to help soften it. Then, saturate a Q-Tip with the piercing spray and gently remove it. It is not necessary to ever rotate the jewelry.

### **What to expect during healing**

Some redness/tenderness near the piercing is common.

Some bleeding/swelling/bruising may also occur in the beginning.

A clear or whiteish-yellowish colored secretion coming from the piercing. This does not mean your piercing is infected.

### **The Do's**

**Do** protect the piercing from germs on anything that comes in contact with it. (e.g. cellphones, headphones, masks etc.)

**Do** protect the piercing from coming in contact with pet hair and pet dander.

**Do** live a healthy lifestyle. Eat healthy, take vitamins, exercise, try not to stress. A healthy immune system helps the body to heal more rapidly with fewer complications.

**Do** sleep on clean sheets/pillowcases.

**Do** continue following the aftercare guidelines during the entire healing process.

**H,Ocean** wear a clean face mask everyday with facial and ear piercings. For piercings that exit to the back of your ear, it is best to not wear a mask with ear straps. If you do, use a mask extender to pull the strap off the ears.

## **The Don'ts**

**Don't** use alcohol, peroxide, Bactine, contact lens solution, iodine, ear piercing solution, Benzalkonium Chloride (BZK) or antibacterial soap on the piercing.

**Don't** touch the piercing during healing unless you are cleaning it in the shower with freshly washed hands only.

**Don't** rotate the jewelry during healing.

**Don't** wear tight clothing over the piercing.

**Don't** change the jewelry during the healing, unless recommended by your piercer.

**Don't** submerge the healing piercing in bodies of water that could potentially contain harsh chemicals or bacteria.

Avoid lakes, rivers, pools, hot tubs, etc.

You may use a water proof bandage with no cotton pad such as Tegaderm before entering bodies of water to protect it.

**Don't** allow oral contact with the piercing.

Don't put makeup, lotions, perfume or cosmetic cleansers on the piercing during healing.

**Don't** keep the piercing covered with a bandage for long periods of time. It is important for the piercing to breathe. This includes masks.

**Don't** stop cleaning the piercing just because it is doing great.

**Don't** take advice from others or the internet without first talking to your piercer

## **Tips to know...**

ALWAYS contact your piercer FIRST if any questions arise! We are here to help.

-Try not to lay on the piercing while sleeping. This can cause the piercing to become sore or irritated. If you find that you are, be sure that your bed linens/pillow cases are clean. Also, you may find comfort in using a washable travel pillow on top of your regular pillow to rest your ear in if you are having to lay on that side.

-If you are having a procedure that requires you to not have in metallic jewelry, contact your piercer for help.

-Be sure to leave jewelry in your piercing at all times. Even healed piercings can close up, causing you to lose the piercing.

-If your jewelry has been out and you are having trouble getting it back in, DON'T FORCE IT. Consult your piercer immediately.

-If you feel that you are having an issue with your piercing, assume you are and contact your piercer.

## **Piercing Healing Times**

Bridge: 4-6 months.

Ear Cartilage 4-9 months.

Earlobe 2-3 months

Eyebrow 2-3 months.

Surface 6-9 months

Navel 6-9 months

Nipple 6-9 months

Nostril 4-6 months

Septum 2-3 months

Advice given in these aftercare instructions is based on years of experience by professional body piercers.

This does not override advice given by a medical professional. If you feel that you have an infection and need medical attention beyond what we can offer, please seek out your chosen healthcare provider.