

AFTERCARE FOR PIERCINGS

The recommended aftercare routine will differ from piercing to piercing. You will be given different instructions based on the type of piercing, placement, and skin type. This is a collection of all of the routines.

- It is normal for the piercing to hurt and be a bit tender, especially the first few weeks.
- Do not use antibac or hydrogen peroxide, these will slow the healing process by drying it out and killing new fresh cells.
- Do not use bacitracin perfumed creams, these may prevent the oxygen from reaching the tissue.
- Clean every morning and evening (and after shower) with saltwater for the first 2-3 weeks. Spray or pour onto the piercing on both sides. Try not to use q tips or cotton pads while cleaning as these can irritate the skin.
- Remove dried blood and puss.
- We do not recommend changing the piercing until it is fully healed.
- Remember to tighten the piercing after cleaning to prevent it from falling out.
- Do not go without jewellery the first year. Some piercings grow really fast when the whole is left open for too long.

Ear

- Avoid headwear and headsets that can rub against the piercing and prevent the supply of oxygen.
- Avoid sleeping on the side you have the piercing.

Navel/Nipple

- Wear loose fitting clothes. Avoid high waist jeans, bra's and other clothes that may rub or prevent the supply of oxygen.
- Avoid sleeping with your belly/chest facing down.
- If required you may use a band aid to protect the piercing.

Nose

- It is especially important not to remove the piercing before it is fully healed as the piercing hole will close in a matter of hours.
- Apply the salt water solution on both sides of the piercing. Spray or pour onto it. If you have pierced the side of the nose you just spray or pour saltwater on the outside, inside the nose will clean it selves.

Mouth

- Avoid oral contact like kissing and oral sex. Avoid smoking, snus, and other forms of tobacco.
- Avoid hot drinks, spiced food, milk, food containing large amounts of milk, and avoid foods that can irritate the mouth area.
- You can apply an ice cube to relieve the pain the first few days.
- Try to stick to foods like; soups, smoothies, and soft bread.
- Cleanse your mouth every morning and night, and after you've been eating, using Corsodyl or Listerine.
- With cheek and lip piercings you must also clean the outside using salt water solution.

Do not hesitate to contact us if you have any questions.

