



## **BODY PIERCING AFTERCARE**

A piercing is healed by your body, not by the cleaning agents you put on it. Aftercare helps your body be in an optimum state for healing this means keeping the area clean and free of contaminants. Independent of the care you give the piercing, you should eat well and be well rested to help your body heal. A healthy diet including a multivitamin with a minimum of 3000 mg. of buffered vitamin C daily is important. Try to buy your vitamins at a health food store as the higher quality is well worth the extra cost.

A mild antibacterial soap is a good starting point for cleaning your piercings – but be careful that your soap does not contain a lot of colours, fragrances or moisturizers. Piercings should be cleaned twice daily, every day, for the entire initial healing process. Do not clean more often as this can irritate your piercing, and possibly delay your healing.

Before cleaning wash hands thoroughly with antibacterial soap and warm water. Never touch healing piercings with dirty hands. This is vital for avoiding infections.

Rinse the area with warm water. Carefully remove all crusty formations from the piercing and jewelry using a q-tip with warm water and antibacterial soap. Be sure not to turn any of this discharge into the piercing, as it can scratch the inside and cause infection. Rinse again with warm water.

Apply a generous amount of dragons mist aftercare spray to the area and the jewelry. Let this sit for a few minutes and then rinse the area thoroughly with warm water. Once a day, after a bath or shower, rotate your jewelry back and forth a few times to work the solution to the inside of the piercing. Although we do stand behind the dragon mist spray and recommend it over all other aftercare products, there are a few others we can suggest if you prefer. These include: a water based first aid cream, or tea tree oil.

Gently pat dry.

If you have threaded jewelry (barbells, circular barbells, curved barbells) be sure to check your beads often to make sure they are tight. We are not responsible for lost beads.

Mild sea salt or Epsom salt water soaks are strongly suggested at least once a day to accelerate healing and increase comfort. This may also help to reduce irritation in the area. Use ¼ teaspoon of salt to 8oz. of water. A stronger solution is not better as you can burn you piercing with too much salt. Follow with a clear water rinse and pat dry. Salt water soaks help to stimulate air and blood circulation which facilitates healing. You can do a brief salt water soak before your cleanings as well as several additional times a day. Studies also show that anti-inflammatory products such as ibuprofen (Advil, Motrin, etc.) can help minimize swelling.

Please try to be patient. Each body is unique, and healing times can vary considerably. If your piercing is tender or secreting you should continue the care regiment, even if it is past the stated average healing time.



## **WHAT IS NORMAL**

Some tenderness or discomfort in the area of a new piercing is not unusual. You may feel stinging, burning or aching off and on for several days. During healing there may be some itching.

Secretion of a fluid which contains blood plasma, histamine and dead cells is perfectly normal. It is fairly liquid, whitish-yellow in colour and forms a crust on the jewelry at the openings of the piercing. This is not pus, but indicates a healing piercing. In the event that the piercing drains a thick put discharge instead of the normal liquid secretion, you should come back to the shop and let a piercer look at it. If you do have an infection, the jewelry should be left in the piercing to allow for drainage. If the jewelry is removed, the holes can close up, resulting in an abscess.

Piercings may have a tendency to have a series of “ups and downs” during healing by seeming healed and then regressing. Try to be patient, and do keep cleaning during the entire initial healing time, even if the piercing seems healed sooner.

## **WHAT TO AVOID**

- Do not use alcohol or peroxide, they are too strong and will dry out your piercing. It may also kill new skin cells that are forming which will delay your healing process considerably.
- Do not use Betadine, Bacitracin, Neosporin, or Polysporin. These products are oil based and prevent oxygen from reaching the wound and form a sticky residue which can cause complications.
- Avoid oral contact, rough play, and contact with others' bodily fluids on or near your piercing during healing. Use condoms if you have genital piercings.
- Avoid tight and inflexible clothing on the area during healing.
- Shield piercings from hair spray, lotion, make up and other foreign substances.



## **FREQUENTLY ASKED QUESTIONS**

### ***Can I remove the jewelry, even for a little while?***

Do not remove your jewelry until your piercing is completely healed. Even then, the piercing may close very quickly. If you absolutely need to remove the jewelry for a short time (such as for surgery) put it back as soon as possible. You may be able to get a temporary nylon retainer for some piercings.

### ***How can I tell if I have an infection, and what should I do?***

The most obvious sign of infection is pus coming from the piercing. If the pus is white the infection is very minor – continue with the normal cleansing process. If the pus is yellow or green the infection is more serious and you should come in and see us. We will advise you of what to do at that point. Whatever the case –do not remove the jewelry as the piercing may close around the infection resulting in an abscess.

### ***What is this red bump around my piercing?***

A small ridge or bump of scar tissue looking a bit like a pimple or small infection is probably a keloid. Whatever you do, do not pick at them as this can make them bigger. There are a few things you can try to reduce them. You can crush up aspirin and put it directly on the keloid or the gauge of jewelry can be reduced. Generally a keloid appears because of irritation, so your goal is to remove that irritation. Catching keloids early is important to stop them.

**\*If you have any further questions, please contact us – we welcome all calls. Do not take advice from others, including doctors – they are not educated in regards to body piercing.**

**Our professional piercers know what's best for your piercings and will be glad to answer any questions you may have.**