

Congratulations on your new body piercing!

Your body piercing procedure has been conducted under strict hygienic and aseptic conditions. We conduct hospital-grade sterilization of all of our tools and jewellery in a separate, enclosed sterilization room, all needles are single use and all the body jewellery is of the highest quality, implant-grade materials. It is extremely important that you read and follow these aftercare details, as failure to do so can lead to unnecessary problems.

We guarantee the quality of our work and offer a full backup service, which we urge you to utilise. Even if you are on the other side of the world you can e-mail us or phone with any queries, however big or small.

You can appreciate that all bodies are unique and some people can take longer than others to heal, so please be patient, stay healthy and be gentle with your body piercing at all times.

Cleaning instructions

Clean your piercing twice daily with saltwater soaks (as detailed further down on the page). Over cleaning can be as bad as under cleaning, as you run the risk of drying out the piercing. We recommend that you get yourself into a routine, in the morning and evening.

☒ First, wash your hands with a mild antibacterial soap and rinse them well. Do a saltwater soak (as detailed further down on the page) to help soften and remove dried discharge and lymph secretion and to relieve itching. After soaking your piercing, thoroughly remove the softened "crusties" with a clean cotton bud - do not use your fingernails!

Once this is completed, you should rinse the salt water off - the shower is the best place to adequately rinse your piercing. After showering, dry your piercing and jewellery with a clean, dry

cotton bud, paper towel, or gauze. Do not dry the piercing with bath towels, as towels harbour bacteria and you may catch the jewellery on the loops of the towel!

☒ Do NOT rotate the jewellery in your piercing. Rotating and playing with your jewellery will irritate your piercing. Also, touching your piercing with unwashed hands at any time will expose your fresh piercing to countless bacteria and germs that are picked up on the hands from all the surfaces we touch throughout the day. If the piercing is still spot bleeding, salt soaks are not necessary until the piercing begins to heal and the spot bleeding diminishes.

☒ NEVER use products such as alcohol swabs, hydrogen peroxide, Betadine, Dettol, ear piercing aftercare sprays, etc. They are irritating, drying, cytotoxic and will slow down your healing and create excessive scar tissue.

☒ AVOID using any oils, ointments, or creams on the piercing, as the piercing will not be able to drain properly and serious problems may ensue.

☒ We suggest that you AVOID swimming for at least the first few weeks of healing, as pools and outdoor water sources are notoriously full of bacteria. Common sense prevails as to when you can go swimming; if you are experiencing some problems with your new piercing then do not subject it to anything that may make it worse.

☒ Ensure that bed linen is clean and changed on a regular basis; this goes for all materials that can come into direct contact with a new piercing.

☒ For all piercings, it's recommended to AVOID other people's bodily fluids coming into contact with your healing piercing. If your own sweat has come into contact with your piercing during exercise, rinsing with clean water will prevent aggravation caused by the acidity in your perspiration.

☒ As healing periods vary from piercing to piercing, we recommend that you leave the initial jewellery in the piercing for as long as possible, this will ensure the piercing has had enough time to strengthen and the 'channel' formed. If you take the jewellery out of the piercing too soon then there is the risk that the hole may close up or shrink quite considerably. It is advised that you contact us to change the jewellery (at no extra

charge), especially for the first time. If you need to take the jewellery out for sport, work or medical reasons then there are alternative pieces that can be used to help keep the piercing open.

☒ If you should lose the jewellery out of a fresh piercing, try to re-insert it ONCE, if you cannot get it in, don't irritate it with further attempts – bring the jewellery in and come see us as soon as possible so we can put it back in for you.

☒ Insufficient sleep, drug and alcohol use, or a bad diet can all contribute to long, slow and problematic healing periods. Stay healthy!

Salt water and chamomile soaks

These soaks are great for healing piercings. The mild salt water soaks help to circulate blood and help to 'drain out' any build up of lymph, dead tissue, etc. Both help to reduce swelling, reduce irritation if the piercing has been accidentally knocked and/or redness. Using demineralised (distilled) water is a better option, but not essential.

Salt soak

Add a ¼ of a teaspoon of non-iodised sea salt to 250ml (1 standard measuring cup) of freshly boiled water. Before applying to the skin, allow to cool slightly, and make sure the salt has completely dissolved. Depending on the placement of the piercing you can either soak up some of the hot salt solution with a cotton pad and apply it to the piercing, or submerge the entire piercing into the salt solution – blowing bubbles in a cup is a great way to soak a nostril piercing! Whichever method you choose, allow the piercing to soak for five to ten minutes.

Chamomile soak

Use only 100% chamomile tea bags. Submerge the tea bag in freshly boiled water and allow to steep for five to ten minutes, cool slightly and apply the teabag directly onto the piercing for 10-15 minutes.

What to expect during healing

Like any break of the skin, some soreness after the body piercing procedure can be expected. Bleeding is quite normal, spot bleeding can happen in some areas for 24 to 48 hours afterwards, and soaking the piercing should be avoided until the spot-bleeding ends. Avoid blood-thinning products such as alcohol, aspirin, caffeine and some medications.

Redness around the piercing is quite normal and can last up to two weeks or so. If the piercing is constantly subjected to pressure from clothing or accidental knocks or sleeping on it you can expect the redness to remain for longer, as well as some tenderness.

You may experience some swelling of your new piercing, and cold compresses will help alleviate the swelling. Some find that OTC anti-inflammatories (such as ibuprofen) help; take them as directed on the packet. The pharmacist will assist you if you need further advice on these products.

During healing you may find the piercing may feel itchy, remember, it is important not to touch or play with the piercing! You may find wrapping some ice in a paper towel and holding it gently onto the piercing will help to alleviate the itchiness.

Also during healing, you may notice your piercing secreting a liquid that is whitish/yellow in colour. This is normal and when it dries it forms a crust on the piercing as well as on the jewellery, previously referred to as the 'crusty' bits. This is just lymph, blood plasma and dead cells, and it means your piercing is healing as it should.

Some tightness of the jewellery is normal even when the piercing is fully healed, and jewellery should be lubricated with a water-based lubricant before removal. If lubricating a fresh piercing, clean it well afterwards.

Infection is rare and a lot of people often mistake other, more common issues for infection. If you have any doubts about your piercing, please consult us immediately and use the back up service that we provide. We are here to help and advise.

Remember: **BE PATIENT and BE HEALTHY!**

Extra info for individual areas

Nipple:

Healing period is approximately 8-12 weeks, and some lymphing is normal even after that time frame. We recommend that females wear cotton crop tops to bed and avoid wearing lacy bras during the day. Going braless is not advised. The guys should consider wearing a firm-fitting singlet beneath clothing to stop your clothing continuously rubbing on the piercing causing excessive soreness and discomfort.

Cartilage and facial:

Cartilage piercing can generally be anywhere from six to twelve months to fully heal. Nostril piercings average 3-4 months healing time, although the initial jewellery may be adjusted by your piercer sooner than that. Most facial piercings can take 8-12 weeks to heal. Be careful not to knock your piercing when taking clothes, sunglasses, hats etc. on and off. Avoid make up, cleansers, hair products, etc. directly on the piercing. Be careful when answering the phone not to bump the piercing, and ensure the receiver is clean.

Navel:

Navels average about 4-6 months healing time, and the initial jewellery should be left in for the entirety of the healing. Avoid tight clothing and belts directly on the piercing as much as possible, but especially for the first few months.

Surface piercings and microdermals:

These generally take 2-3 months to fully heal. These piercings tend to be at a higher risk of rejection and scarring than other piercings, which we will have discussed with you prior to the procedure. They require more attention and awareness, and knocks to the piercing **MUST** be avoided to ensure good healing. Chamomile soaks are definitely recommended to aid the healing. It is a very good idea to keep microdermals taped down with "dot"-type Band-Aids for the first few weeks during sleep and any vigorous activities.



AFTERCARE INSTRUCTIONS FOR FACIAL AND BODY PIERCING



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