

## CLEANING YOUR NEW PIERCING

**Before you do anything: WASH YOUR HANDS!!! You should never handle a fresh piercing with dirty hands.**

Soak your piercing with some warm water to loosen any dry lymph around the jewelry, do not pick at any 'crusties', and do not force the jewellery to move with dried lymph still stuck to it.

**Wash your piercing twice a day (morning and night) with a non-antibacterial, unscented, and gentle soap. We recommend any brand of baby soap.**

**Apply a small amount of soap to the end of a q-tip and clean the exposed part of the jewellery on each end, then rinse well with clean water to ensure there is no soap residue.**

If you think you got your piercing dirty throughout the day (you work out or went swimming... etc) you can clean it a third time, just be aware that over-cleaning can dry out and irritate the healing piercing.

## ORAL PIERCINGS

If your piercing is half inside and half outside your mouth (i.e. lip, Monroe, cheek... etc) then continue using baby soap and water to clean the outside of the piercing.

Rinse your mouth for 20-30 seconds after you ingest anything that isn't water (eating, drinking, smoking) using the saline rinse mentioned under "Saline Soaks". Repeat whenever necessary up to 10 times a day.

Smoking, excessive talking, spicy foods and oral contact (kissing, oral sex) should be avoided during the healing period.

To prevent or reduce swelling you can suck on an ice cube or sip a glass of ice water.

## GENITAL PIERCINGS

See *Genital Piercing Aftercare Brochure* for additional instructions on aftercare

## THE DON'TS:

**Touching, twisting, or spinning of the jewellery.** The less your piercing is moved or disturbed, the better it will heal. You do not need to worry about your piercing becoming "stuck" like they tell you when you get a gun piercing

**Rubbing alcohol and Hydrogen peroxide** as well as **Alcoholic Mouthwash** are way too strong to be using on a fresh piercing, they will kill the new skin cells your body needs to form in order to create scar tissue and will slow down healing.

**Polysporin** and **Neosporin** are petroleum based products which your body cannot break down. This will create a greasy layer or film on your skin and the jewellery.

**Perfumed, dyed, or cream soaps.** Scents and dyes can be quite irritating to a new piercing and can cause reactions. Use the gentle stuff meant for babies.

**Tea Tree Oil**, which some people swear by, is very astringent and can cause additional irritation for many pe

**Band-aids** create warm, wet, dark places perfect for bacteria to thrive in. They may be used to protect your piercing during an activity where there is a significant catch risk, but discuss it with your piercer first.

**Make-up** and **Hair products** should not be getting in or on your piercing and care should be taken to avoid this.

**Contact solution** which is NOT the same as saline.

**"Ear piercing solutions"** that you can purchase. These contain benzalkonium chloride which has the same issues as rubbing alcohol.

**Hot tubs** and **pools.** For the first few weeks you'll want to stay out of chlorinated water as it will irritate your piercing. If it can't be avoided make sure to clean the piercing thoroughly afterwards.

**People who mean well, but aren't piercers.** Just because it worked for them, or it worked for someone on the internet, does not mean it is a good idea.



# BODY PIERCING AFTERCARE BROCHURE

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## CHAMOMILE TEA

Chamomile tea is a natural anti-inflammatory, so it helps to reduce redness and swelling in a fresh piercing.

*Chamomile is not meant for cleaning your piercing, but in addition to the cleaning for soothing irritation. Wash your hands before handling the tea bag to prevent transfer of dirt and germs from your fingers to your healing piercing*

Use the tea bag as a hot compress dipping it into hot water (or the hot sea salt water) and then hold it against the piercing for anywhere up to 20 minutes. Repeat as often as needed.

For Oral Piercings:

Brew the pot of Chamomile Tea and make small ice cubes out of it. Gently suck on these throughout the day to reduce swelling in the mouth. Repeat as often as needed.

## SALINE [SALT] SOAKS

Home-made saline (salt water) is only effective when the correct amount of salt is added. If you would like the convenience, a sterile, isotonic saline solution [0.9% NaCl] can be purchased at most drugstores.

To make saline at home:

Add **only** a 1/4 teaspoon of **non-iodized** salt with no other additives [check the label!] in a cup of *boiled* water, allow it to cool so you don't burn yourself and soak the piercing for 20-30 minutes. Use a hot compress (cotton ball or gauze pad) if you cannot fully submerge the piercing.

Saline rinses for an oral piercing:

Add 1/4 teaspoon non-iodized Salt to 1 cup boiled water, let it cool and use as an oral rinse 2 - 5 min after putting anything in your mouth that is not water.

Ask us if you have any questions about salt soaks and what types of salt to use.

## DOWNSIZING

We will downsize our jewellery with an appropriate length once the piercing is healed. It is recommended to downsize to reduce the risk of catching and damaging your piercing.

*If you are experiencing excessive swelling during your healing and your jewellery seems too tight, please come in so we can take a look at it. There is no fee for having to upsize a healing piercing.*

There is a **\$15 sterilization fee** to downsize (if the jewellery is damaged, you will have to pay full price for the new piece)

We **will not** downsize earlier than the recommended waiting time.

## DOWNSIZE TIMES:

Tongue	6-8 weeks
Earlobe, Oral, Eyebrow	2-3 months
Nostril*	2-3 months
Cheeks, Philtrum★	2-3 months
Ear cartilage	4-6 months
Navel, Nipple	4-6 months
Genitals	see "Genital Piercing Aftercare Brochure"

These times are *minimum times* only. There are times when the wait will be longer than these estimated times depending on how the piercing is healing. These times do not represent the time it takes for your piercing to fully heal; they are merely the minimum time you must wait to downsize (shorten) your barbell

*\*If you are downsizing to a tight-fitting hoop, a minimum of 6 months is needed*

*★cheeks and philtrums swell A LOT so there are two downsizes that need to be done. The first is done at about 2-4 weeks and the final one after 2 months. You only have to pay for the final one.*



**THANK YOU!**  
**FOR CHOOSING NEXT! TODAY,**

*If you have any questions or concerns about your new piercing, please don't hesitate to call or stop by, we are always willing to help!*

**PLEASE CONSIDER LEAVING US A REVIEW ON YELP, FACEBOOK, OR GOOGLE IF YOU'VE HAD A GREAT TIME WITH US.**