

CLEANING YOUR NEW PIERCING

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

Either a *gentle, unscented* baby soap or saline [store bought or homemade] can be used to clean your piercing.

For people with a vulva a saline is often preferred as even the gentlest of soaps can irritate delicate tissue.

To clean the piercing, first soak the piercing in warm water to help soften any dried lymph that may be on the jewellery and then gently clean with either clean fingers or a wet q-tip. Rinse well and gently dry [either air-dry, paper towel, or hairdryer set to *cold*]

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.

Some genital piercings are a little awkward to soak with a cup or cotton ball. Find a [clean!] bucket or pan that's large enough for you to sit in and have your piercing submerged and find the most comfortable way to sit and soak your piercing in warm saline [bathroom floor, in the bathtub, at a party with all your friends cheering you on- whatever works for you]. Follow the recipe and scale it up accordingly.

DURING HEALING

Make sure to change your underwear daily and to bathe regularly.

Some people may experience bleeding during the first couple of days, especially during arousal. Wearing a pantyliner or menstrual pad to absorb the blood and keep your clothes from becoming stained can be a good idea for some.

Depending on your anatomy and where your piercing sits, you may want to avoid tight pants, bicycles, stairs, or anything that causes excessive movement or pressure in the pelvic region. It's always best to go slow and listen to your body for what you can and can't do.

GENITAL PIERCINGS AND SEX

While your piercing is healing it is not necessary to abstain from sexual contact, but the longer you can hold off the better [this includes masturbation]. Friction, movement, and pressure are all going to cause irritation to the healing piercing and may increase your risk for rejection, migration, and an all around bad time.

While your piercing is healing it is important to practice safe sex as both you and your partner(s) are at an increased risk for transmission of pathogens through bodily fluids. Condoms, dental dams, and other barrier methods can help reduce this risk.

Even if your piercing is not going to be coming in contact with anyone or anything during sex, movement of the surrounding tissue and swelling caused by arousal can still effect the piercing so, again, go slow and listen to your body.



GENITAL PIERCING AFTERCARE BROCHURE

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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.

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 people.

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.

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.

Downsizing Times:

These are the times needed for downsizing the piercing. It may take a little longer for the piercing to be fully healed. If you plan on stretching your piercings, talk to your piercer about how long you should wait.

Vulva piercings:

VCH	6-8 weeks
Triangle	2-3 months
Inner Labia	6-8 weeks
Outer Labia	4-6 months
Christina	4-6 months

Penile piercings:

Prince Albert	6-8 weeks
Reverse PA	3-6 months
Ampallang/Apadravva	3-6 months
Frenum/Lorum	6-8 weeks
Guiche	2-3 months
Foreskin	6-8 weeks