



BODY PIERCING AFTERCARE BROCHURE

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CLEANING YOUR NEW PIERCING

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

There are several methods to taking care of your piercing. Depending on your lifestyle and how your body heals, you may find one method more effective or accessible than the other. When in doubt, ask your piercer for advice.

We have NeilMed saline spray, Dr Bronner's unscented baby soap, and bags of non-iodized salt for sale, but you can find these same products in many stores [or you may even have some at home already!]

✓ **Method One: Saline Spray**

The Association of Professional Piercers [APP] recommends cleaning with a **sterile isotonic saline spray** [0.9% NaCl]. A pre-mixed saline is convenient and eliminates the main issue with homemade saline, which is that people will often make it way too salty. Simply spray your piercing once or twice a day [right after a shower is a great time]. Use a folded paper towel or q-tip [be careful of the cotton fibres snagging on jewellery] to gently remove any buildup from the jewellery. The main negative with sprays is that they are typically more costly than other methods and the metal canisters cannot be recycled.

✓ **Method Two: Baby Soap**

Liquid unscented baby soap is a gentle and cost-effective way to care for your fresh piercings. Simply lather soap and clean the skin and exposed jewellery with either freshly washed fingers or a q-tip with soap and water on it once or twice a day. [again, be careful with the cotton fibres of the q-tip]. Rinse the piercing with water to remove any soap residue. This can be done in the shower to make rinsing easier. Try to minimize moving the jewellery around, as that may cause extra irritation

OK **Additional Aftercare: Saline Soak**

In addition to one of the two methods listed above, you can *also* perform a warm saline soak when your piercing is irritated or inflamed. **It is very important that you measure the salt-to-water ratio.**

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Saline Soak continued: Mix ¼ teaspoon [1.5g or 1.23mL] of **NON-IODIZED** salt per 1 cup [240g or 240mL] of boiling water. Let it cool down so you don't burn yourself!! Then soak the piercing directly in the saline for 10-15 minutes. The heat will help with circulation and drainage and the salt will pull out excess moisture without over-drying the piercing. Some areas of the body are easier to soak than others [Nipples and navels are super easy to soak with an inverted shot glass, for example]. Gently dry off the piercing and remove any buildup with paper towel or q-tip.

Start out doing salt soaks *2-3 times a week* and either decrease or increase frequency depending on how your piercing is doing. Adjust frequency as needed up to twice a day.

Salt that is meant for eating typically has iodine added. If you are having trouble finding non-iodized salt in the grocery store, *kosher salt* and *pickling salt* do not have iodine, but they may have other additives so check the ingredients.

ORAL PIERCINGS: SPECIAL INSTRUCTIONS

If your piercing is half inside and half outside your mouth [lip, cheek, etc] then continue using your chosen method to clean the outside of the piercing and follow the instructions below for the inside. If your piercing is completely in the mouth [tongue, frenulum, etc] then just follow the instructions below:

Rinse your mouth for 20-30 seconds after you ingest anything that isn't water (eating, drinking, smoking) using the saline recipe mentioned under "Saline Soaks". Repeat whenever necessary up to 10 times a day. You may make a large batch and store it in a water bottle, but be careful not to contaminate it. Rinsing with plain water can also help, if you don't have saline with you.

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

GENITAL PIERCINGS: SPECIAL INSTRUCTIONS

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



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:

PLEASE DON'T USE OR DO THESE!!!! YOU WILL MAKE YOUR PIERCING AND PIERCER SAD!!!

✗ **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". It won't.

✗ **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.

✗ **"Ear piercing solutions"** that contain benzalkonium chloride, which has the same issues as rubbing alcohol.

✗ **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.

✗ **Hot tubs, pools, and swimming.** Ideally avoid these for the whole healing time, but *at least the first 2-4 weeks*. Chlorine is very irritating to piercings and natural bodies of water may have pathogens living in it which can cause infections. If you are going swimming before the recommended time, thoroughly clean your piercing after getting out of the water and keep an eye on things

✗ **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

Once your piercing is healed, it is important to downsize the jewellery to an appropriate length/diameter to prevent damage to your piercing.

We offer a jewellery downsize at %50 off of the retail price! You should keep your initial jewellery as a backup in the event that you experience a flare-up, or for future fresh piercings.

In the event that you experience excessive swelling during the healing process, we will upsize you temporarily at no charge.

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.