

SPECIFIC CLEANING

EAR/CARTILAGE and FACIAL

- Cover your pillow with a t-shirt and turn it once nightly, one t-shirt will last for 4 clean surfaces for sleeping.
- Maintain cleanliness of telephones, headphones, eyeglasses, helmets, hats and anything that may come into contact with the piercing.
- Use caution when styling your hair and advise your stylist of any new piercings.

NIPPLE

- The support of a tight cotton shirt or sports bra may provide protection and feel comfortable, especially for sleeping

ORAL

- Rinse your mouth for 20-30 seconds after eating, smoking or drinking anything other than water.
- Use a non-alcoholic mouth wash or a sea salt rinse.
- Do NOT rinse more than 10 times per day.
- Chamomile ice cubes can be a great aide in healing an oral piercing. Sucking on ice cubes or continually sipping on cool water will help with swelling.



SPECIFIC CLEANING, cont...

GENITAL

- In most cases you can engage in sexual activity as soon as you feel ready. *Comfort and hygiene* are vital.
- During healing all sexual, including oral, **MUST** be gentle
- To increase comfort and decrease trauma, soak in warm saline solution, plain water or a sea salt soak to remove the 'crusties' prior to any kind of contact.
- Use barriers such as condoms, dental dams and Tegaderm, etc, to avoid contact with your partners bodily fluids, even in long term relationships. Use clean disposable barriers on sex toys
- Use a NEW container of water based lubricant; never use your own saliva in lieu of lubricant.
- After sexual contact, an additional rinse or soak with saline, water or sea salt is suggested.
- Some piercings may bleed freely for the first few days. You are at HIGH RISK during this time.
- If using soap, urinate after cleaning any piercing near or thru the urethra.

EACH BODY IS UNIQUE AND DIFFERENT AND HEALING TIMES VARY FROM PERSON TO PERSON, SOMETIMES CONSIDERABLY.

IF YOU HAVE ANY QUESTIONS OR CONCERNS DO NOT HESITATE TO CONTACT YOUR PIERCER.

DISCLAIMER: These guidelines are based on a combination of common sense, experience, training, research and extensive clinical practice. This is NOT to be considered a substitute for medical advice from a medical doctor. If you suspect infection, contact your piercer and seek medical attention. Keep in mind that jewelry removal can lead to further complications. Your piercer can direct you to piercing friendly medical professional.



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Your piercer was _____

Your jewelry was _____

Downsize & Healing times are:

	Downsize	Healing
Ear Lobe	6-8 weeks	2-3 months
Ear Cartilage	4-6 months	6-12 months
Navel	4-6 months	9-12 months
Lip/Labret / Monroe	2-3 months	3-4 months
Tongue	2-4 weeks	4-6 weeks
Nipple	3-4 months	6-12 months
Nostril	2-3 months	2-4 months
Eyebrow	2-3 months	4-6 months
Other	please ask	

For a piercing to be a seasoned piercing (where you can leave it out for periods of time), use your healing time plus 1 year.

Remember, everyone is unique and different and these times are just guidelines.

CLEANING YOUR PIERCING

Before you do anything **WASH YOUR HANDS!!**

- **Soap:** no more than 2 times a day after your initial healing period.
Ensure there is no soap or residue left behind.
- **Soaks:** salt/saline soaks or chamomile soaks 2-3 times a week maximum. Soak for 20-30 minutes at a time. Use gauze or the tea bag and immerse in salt/saline water.

CLEANING SOLUTIONS

Use any one, or a combination of the following solutions for body piercings:

- Packaged sterile saline solution with **no** additives (check labels)
- Non-iodized (iodine free) sea salt mixture; 1/8tsp – 1/4tsp salt into 1cup (8oz) of warm distilled or bottled water. **Do not add more salt than suggested!** Water should be warm, not hot.
- 1oz warm water with 8-10 grains of **Sea Salt**
- Liquid anti-microbial or germicidal soap

WHAT TO EXPECT

- Initially; some bleeding, swelling, tenderness and bruising.
- During healing; some discoloration, itching, secretion of a whitish-yellow fluid that will form a very sharp 'crust' on the jewelry.
- Once healed; the jewelry may not appear to move freely in the piercing, give it time, **DO NOT** force it. If you are not cleaning your piercing regularly you may notice a normal, but pungent, secretion.
- Piercings can appear to be healed before they are. Follow the healing guideline provided to you by your piercer. Piercings heal from the outside in, and although it feels as though the tissue around the piercing is healed, the inside remains quite fragile. **BE PATIENT**, and continue with your cleaning for your **ENTIRE** healing period.

WHAT TO DO

- Wash your hands before handling your piercing; leave it alone except when cleaning. It is **NOT** necessary to rotate the jewelry while healing, even during cleaning.
- Stay healthy. Get enough sleep and eat a nutritious diet. The healthier you are, the healthier your piercing will be. Exercise during the healing period is okay, just 'listen' to your body.
- Make sure your bedding is kept clean and changed regularly. Wear clean, comfortable, breathable clothing that protects your piercing while at rest and at play.
- Shower often, and keep your whole body clean.

THINGS TO AVOID

- Avoid undue trauma such as friction from clothing, excessive motion of the area, playing with the jewelry and vigorous cleaning. These activities can cause the formation of an unsightly and uncomfortable scar (tissue keloid or hypertrophic scarring), migration, rejection, prolonged healing times as well as other complications.
- Avoid rubbing alcohol, hydrogen peroxide, betadine, neosporin, bactroban, or other ointments and all petroleum based products.
- Avoid over-cleaning. Over-cleaning can be more hazardous and dangerous for your piercing than under-cleaning in some situations.
- Avoid stress and recreational drug use including excessive amounts of caffeine, nicotine and alcohol.
- Avoid all oral contact, rough play, and contact with others body fluids on or near your piercing during the healing period.
- Avoid submerging the piercing in bodies of water such as lakes, pools, hot tubs, etc. If needed you may use a waterproof bandage such as Tegaderm for short periods of time in bodies of water.

THINGS TO AVOID, cont.

- Avoid all beauty and personal care products on or around the piercing including cosmetics, lotions, perfumes, sprays, etc.
- Do not hang any sort of charms or 'accessories' from your piercing until it is fully healed.

HINTS AND TIPS

JEWELRY

- Unless there is a problem with the size, style of material of the initial jewelry, leave it in place for the **ENTIRE** healing period. Only a qualified piercer should perform any necessary jewelry changes that occur during healing times.
- Contact your piercer if your jewelry must be temporarily removed (such as in case of a medical/dental procedure) there are non-metallic jewelry alternatives.
- Leave jewelry in at all times. Even healed piercings can shrink or close in minutes after having been there for years! If you like your piercing, leave the jewelry in place.
- With clean hands regularly check the tightness of your beads (lefty-loosey, righty-tighty). Always tighten your beads before bed
- Carry a spare bead in case of loss or breakage.
- Should you want to remove your jewelry continue to clean it until both holes have closed.

