

CLEANING

- Purchase cleaning solution or mix saline solution (1/4 teaspoon non-iodized sea salt mix into one cup distilled, bottled or boiled water)
- Use clean gauze, cotton buds or paper towels saturated with the solution then gently clean the pierced area once or twice per day. Alternatively, a saline soak (invert a cup of warm saline solution over the area to form a vacuum) for five to ten minutes is recommended.
- Dry by gently patting with clean, disposable paper products.

WHAT IS NORMAL

- **Initially** some bleeding, localized swelling, tenderness, or bruising.
- **During healing** some discolouration, itching, secretion of a whitish-yellow fluid (not pus) that will form some crust on the jewellery. The tissue may tighten around the jewellery as it heals.
- **Once healed** the jewellery may not move freely in the piercing; do not force it. If you fail to include cleaning your piercing as part of your daily hygiene routine, normal but smelly bodily secretions may accumulate.
- A piercing may seem healed before the healing process is complete. This is because tissue heals from the outside in, and although it feels fine, the interior remains fragile. Be patient, and keep cleaning throughout the entire healing period.
- Even healed piercings can shrink or close in minutes after having been there for years! This varies from person to person; if you like your piercing, keep jewellery in — do not leave it empty.

WHAT TO DO

- **Wash your hands** prior to touching the piercing; leave it alone except when cleaning. During healing, it is not necessary to rotate your jewellery.
- With clean hands or paper product, regularly check threaded ends on your jewellery for tightness.
- Leave the initial jewellery in the place for the entire healing period unless there is a problem with the size, style, or material.
- **Maintain cleanliness** of anything that contacts the pierced area.
- **Stay healthy** — the healthier your lifestyle, the easier it will be for your piercing to heal. Get enough sleep and eat a nutritious diet. Exercise during healing is fine; listen to your body.
- Make sure the bedding is clean. Wear clean, comfortable, breathable clothing.
- Showers tend to be safer than taking baths, as bathtubs can harbour bacteria. If you bathe in a tub, clean it well before each use and rinse off your piercing when you get out.

IMPORTANT TO AVOID

- Moving, knocking, playing or pulling jewellery in an unhealed piercing, or picking away dried discharge with your unclean fingers.
- Cleaning with Betadine®, Hibiclen®, alcohol, hydrogen peroxide, Dial®, Bactine®, ointments, products containing Benzalkonium Chloride (BZK) or other soaps containing Triclosan.
- Over-cleaning; this can delay your healing and irritate your piercing.
- Using harsh soaps, or soaps with dyes, fragrances, or Triclosan.
- All oral contact and contact with others' bodily fluids on or near your piercing during healing.
- Stress and recreational drug use, including excessive caffeine, nicotine, and alcohol.
- Submerging the piercing in unhygienic bodies of water such as lakes, pools, hot tubs, etc. Or, protect your piercing using a waterproof wound-sealant bandage
- All beauty and personal care products on or around the piercing including cosmetics, lotions, and sprays, etc.
- Don't hang charms or any object from your jewellery until the piercing is fully healed.

IMPORTANT NOTE

- While the Piercing Specialist of Art + Body Creative Studio will endeavour to assist you where possible during the aftercare of your piercing — care of your piercing and jewellery is your responsibility. Particular interventions by our Piercing Specialist such as jewellery replacement and/or excessive cleaning will incur an extra charge.

ANY OTHER QUESTIONS

Please contact our Piercing Specialist at Art + Body Creative Studio.

MINIMUM HEALING TIMES

Earlobe 4 - 8 weeks

Nose 3 - 4 months

Eyebrow 6 - 8 weeks

Lip 2 - 3 months

Navel 6 - 9 months

Dermal 3 - 9 months

Ear Cartilage 3 - 9 months

Septum 4 - 8 weeks

Tongue 4 - 8 weeks

Web or Smiley 4 - 8 weeks

Nipple 6 - 9 months

Surface 6 - 9 months