

WHAT IS NORMAL

- Piercings may bleed on and off for the first few days to a week. Bruising, redness, and swelling are all normal for a new piercing.
- Itching is normal with a healing piercing, and is a sign of healing occurring. Despite the itch, do not scratch!
- Your piercing will have some secretion of a whitish or yellowish fluid. This may dry and form a scab-like crust around the piercing. These secretions are a normal part of the healing process and will diminish as it continues to heal. All it is is your dead white blood cells getting pushed to the surface of your skin.
- Piercings will shrink or fully close if jewelry is removed for any length of time during the healing process. For this reason, unless there is an issue with the size, style, or material of initial jewelry, leave it in place for the entire healing process. A qualified piercer should perform any necessary jewelry changes that occurred during healing.

WHAT TO AVOID

- Avoid undue trauma, such as friction from clothing, excessive motion of the area, or playing with the piercing.
- Avoid over cleaning, this can delay healing, and irritate your piercings.
- Avoid oral contact, rough play, in contact with other others, body fluids on or near your piercing during the healing.
- Avoid all beauty and personal care products on or around the piercing, including cosmetics, lotions, sprays, etc.
- Avoid swimming in any bodies of water. Chlorine is drying and irritating to a new piercing. Natural bodies of water, such as oceans, rivers, and lakes harbor harmful bacteria, and should be avoided for the entire duration of the healing period.
- Avoid all her chemical products, including rubbing alcohol, peroxide, bactine, ear care solutions, any antibacterial soaps, Neosporin (or other ointments) or hibiclens.

IRRITATED? TRY A WARM COMPRESS

You can spray saline on gauze and warm it in the microwave on a clean plate. Heat it to be warmer than your body temperature, but please be careful not to burn yourself. You can hold this gauze directly on and or around your piercing. Leave the saline, soaked gauze against your piercing until it cools, then rinse the piercing and gently remove any crust or secretion, always dry the piercing after soaking or any cleaning. If suggested by your piercer do this at least once daily. Never move the jewelry back-and-forth in the piercing. Likewise do not spin, twist, or rotate the jewelry in the piercing. Access movement could cause irritation and issues while healing.

General Care:

We cleaned and disinfected the area pierced, used sterile, single used instruments, and sterile jewelry. The rest is up to you. Listen to your body and be responsive to and responsible for your own body. If at any point, you feel any problems or questions feel free to stop in, give us a call, or send us an email. We are here to help

Warning: chemicals will not make your body heal faster. Chemicals of any kind can irritate your healing piercing, and some can damage jewelry. We do not suggest the use of harsh chemicals, soaps, essential oils, or ointments. From years of medical studies and research we have found that chemicals actually delay healing by killing off new cell growth that is trying to form around the foreign object of your jewelry. The only products you should use on a healing piercing or sterile saline wound wash or clean water.

How to clean your piercing

1. Thoroughly wash your hands.
2. Spray saline on the front and back of your piercing.
3. If needed, spray saline on a Q-tip and use that to gently remove any crusty without rotating the jewelry.
4. Rinse any saline from the skin around the piercing.
5. Gently dry the piercing after cleaning.

You may also rinse in a warm shower, and after you can clean with saline in a Q-tip for any stubborn debris.

Oral Piercings:

Prone to initial swelling, cold food, and drinks such as ice water can be beneficial to reducing swelling. As well as any N-said anti inflammatory drugs (ibuprofen). Maintain good oral hygiene for the duration of healing. Do not use any products that contain whitening chemicals or alcohol. Rinse with distilled salt water any time you eat, drink, or smoke.

Downsizing:

Most piercings are started with jewelry that has a small amount of extra length to allow for swelling and cleaning during the initial weeks of healing. Once that swelling has gone down, the jewelry can sometimes feel long and annoying. Additionally, if slept on, snagged, or bumped, the excessive length can cause the piercing to migrate. It is very important to come back to have your jewelry downsized to avoid that migration. Jewelry fees will apply. Downsize times will be written on the back of this sheet, but coming in after around one to two months for a check up is always a good idea.

- Irritation bumps are small mounds of swelling next to a piercing, sometimes pink or fleshy, sometimes skin-tone, and sometimes dark and discolored. They are commonly caused by;
 - An incorrect angle on a piercing (causes pressure, creating bumps)
 - Low quality body jewelry such as “surgical steel”, silver, or mystery metals (causes a reaction with the skin).
 - Hitting your piercing, snagging it, or bumping it (causes trauma/re-wounding).
 - Makeup, hair products, hair dye, whitening toothpaste, scented moisturizers, and other skin products (can clog piercings and pores).
 - Over cleaning (causing irritation from movement and can reopen wound).
 - Under cleaning (crust builds up on and around the jewelry, and the tissue under it becomes irritated).
 - Sleeping on a healing piercing (irritation from pressure).
 - Moisture buildup, including not drying the area after cleaning, leaving hair wet after showering, large jewelry that is tricky to dry behind, etc (excess moisture can cause a specific “Wetness irritation” or wet, fleshy tissue around a piercing).
 - Getting Sick (nose piercings in particular get grumpy when you are sick as well! A cold, the flu, strep- when you are sick, your piercings get sick too. If you start any antibiotics, that may also potentially complicate the healing process.)
 - Improper Aftercare (using harsh chemicals like peroxide, alcohol, bactine, iodine, or ointments like Neosporin can cause irritation).
 - Swimming with a healing piercing (both chlorine from a pool and bacteria in oceans and rivers can cause irritation).
 - Swapping to a hoop too soon (changing the shape of the jewelry in the piercing can often cause irritation if the piercing was not ready).
- **Irritation bumps *will* heal and go away, with some time, the right treatment and TLC.**
 - Different irritations have different causes, and different solutions. It’s important to **see a piercer when you start experiencing issues with a healing piercing**. Not only can we determine what caused the bump, but we can suggest care and possible solutions to get the bump to go away.
 - **DO NOT USE TOPICAL TREATMENTS.** (I.e. tea tree oil, peroxide, Neosporin, aspirin paste, dish soap, vinegar, etc.) Your piercing is a puncture wound and will not react well to topical treatment.
- Keloids (or keloid scarring) are a unique type of scar tissue formation. They are a result of overgrowth of granulation tissue and collagen at the site of a healed or healing wound and tend to be firm, rubbery in feeling, and sometimes shiny. They can vary in appearance from one skin tone to the next, anywhere from a dark brown to even a red in color. A keloid scar is benign, but often accompanied by itching, pain, and changes in texture of the skin on or around it. Currently science believes keloids to have a genetic component, meaning keloid scars tend to run in families, and are genetically disposed. Keloids will NOT go down in size and need to be surgically removed.