

## WHAT TO AVOID

- ❖ **Avoid over-cleaning the piercing**, it may delay your healing and irritate it your piercing.
- ❖ **Avoid undue trauma** such as friction from clothing, excessive motion of the area, playing with the jewelry and vigorous cleaning. These activities can cause formation of unsightly and uncomfortable scar tissue, migration, prolonged healing and other complications.
- ❖ **Avoid stress and recreational drug use**, including excessive caffeine, nicotine and alcohol. A healthy you may speed up the healing process.
- ❖ **Avoid submerging the piercing in unhygienic bodies of water** such as lakes, pools, hot tubs, oceans etc. or protect your piercing using a waterproof wound-sealant bandage.
- ❖ **Avoid all beauty and personal care products on or around the piercing** including cosmetics, lotions and sprays.

Disclaimer: These guidelines are based on a combination of vast professional experience, research and extensive clinical practice. This is not to be considered a substitute for medical advice from a doctor. If you think you have an infection, visit a doctor. Quality jewelry or an inert alternative should be left in place to allow for drainage of the infection if the jewelry is removed the surface cells can close up, sealing the infection and causing abscess. Do not remove your jewelry unless instructed to do so by a medical professional, but also be aware many doctors don't have specific training on piercings. Your local piercer may be able to direct you to a piercing friendly medical professional. After consulting a medical professional, report any diagnosed infection, allergic reaction, or adverse reactions resulting from the body piercing to both the Artist and Texas Department of State Health Services at 1-888-839-6676.



CONTACT US!!

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

PIERCER: \_\_\_\_\_

PIERCING: \_\_\_\_\_

HEALING TIME: \_\_\_\_\_

JEWELRY USED: \_\_\_\_\_



## PIERCING AFTERCARE INSTRUCTIONS

406 E. KINGSBURY ST.  
SEGUIN, TX 78155

(830) 401-4026

## WHAT YOU MAY NEED:

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- ❖ H2Ocean
- ❖ Saline/Sea Salt Solution
- ❖ Mild Liquid Soap
- ❖ Q-Tips
- ❖ Paper Towels
- ❖ Alcohol Free Antimicrobial Mouthwash
- ❖ Ibuprofen (helps with swelling)

## DO NOT USE FOR ANY REASON:

- ❖ **Hydrogen Peroxide**-hydrogen peroxide kills bacteria, but also kills the white blood cells attempting to heal your piercing. It can cause irritation and lengthen overall healing time.
- ❖ **Rubbing Alcohol**- Alcohol will dry the skin and irritate the raw piercing, which could lead to infection.
- ❖ **Bactine & Ear care solutions**- Usually provided by jewelry boutiques and department store piercers and usually contain alcohol, hydrogen peroxide, and other harmful chemicals that only aggravate the new piercing.
- ❖ **Ointments**- Antibacterial ointments only clog pores and/or kill good cells trying to heal the piercing.
- ❖ **Iodine**- Not intended to be used on puncture wounds
- ❖ **Facial Products**- Avoid using normal face washing products, creams, or moisturizers, shaving cream, or makeup directly on the piercing.

## CLEANING YOUR PIERCING

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### MAKE SURE TO DO THIS FOR THE FULL 6 WEEKS

- ❖ Wash your hands thoroughly. Never touch your piercing or jewelry with dirty hands.
- ❖ Saturate a cotton swab with warm water, and gently wipe away any “crusties” and/or dried blood that has gathered around the piercing site. Dispose of cotton swab.
- ❖ If you are using H2Ocean or a Saline/Sea Salt Solution, saturate cotton swab enough to where the solution can seep into piercing.
- ❖ If you are using mild liquid soap, apply a pea size amount of liquid soap to a cotton swab and apply to the piercing site and jewelry. Rotating the jewelry is not necessary if you work the soap around the piercing and jewelry completely.
- ❖ Rinse the piercing several times with warm water, ensuring that all soap has been removed.
- ❖ Carefully pat your piercing dry with a clean paper towel and dispose of it.
- **H2OCEAN 2-3X A DAY**
- **SALINE SOLUTION 2-3X A DAY**
- **SEA SALT SOAKS 1/8<sup>TH</sup>- 1/4<sup>TH</sup> TEASPOON OF NON IODIZED SEA SALT INTO 8OZ-1CUP OF WARM DISTILLED WATER.**
- **MILD LIQUID SOAP 1X A DAY**

## ORAL PIERCING CARE

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### MAKE SURE YOU DO THIS ROUTINE FOR THE FULL 6 WEEKS

- ❖ With all oral piercings, remember to rinse your mouth for at least 30 seconds EVERY time you eat, drink, smoke, or put anything in your mouth that is not bottled water. **Use alcohol-free antimicrobial rinse or non-iodized sea salt mixture.**
- ❖ Remember there may be swelling, **crushed ice** and **ibuprofen (Advil or Motrin)** make a HUGE difference!
- ❖ Try to be careful when you eat! You do not want to bite down on your jewelry it may cause a tooth to chip.
- ❖ Please avoid rubbing jewelry against your teeth that can cause enamel to wear down and cause tooth sensitivity.
- ❖ If you notice a dent around the top ball do not panic, this “cratering” is normal in soft tissue that is swollen, it will fade away as the swelling decreases. Also, the underside of the piercing may have a gooey whitish-yellow discharge called “lymph” this is perfectly normal. Just take a cotton swab dipped in mouthwash and gently brush it away.
- **ALCOHOL-FREE ANTIMICROBIAL RINSE 4-5X A DAY & BEFORE BED**
- **NON-IODIZED SEA SALT MIXTURE 4-5X A DAY & BEFORE BED**