

What You Can Expect - The Normal Healing Process

Initially: Some bleeding, swelling, redness/bruising may occur. Ice and acetaminophen can be used to control swelling. Do NOT use ibuprofen/advil. It is a blood thinner and could cause the piercing to bleed longer.

During Healing: You may experience discoloration and a secretion of white/yellowish fluid or blood that may crust around your piercing as well as some itching. NEVER scratch or pick at your healing piercing.

Once Healed: Your jewelry may not always move freely in the piercing -- especially in the nipples or septum. DO NOT try and force it! You can try cleaning it to remove crusties and Jojoba oil may be applied. If you fail to clean the piercing as part of your daily hygiene after it is healed, normal but "smelly" body secretions will accumulate in the piercing. A piercing will seem healed long before it is actually fully healed –But trust me. IT IS NOT FULLY HEALED! - BE PATIENT -- and continue to clean your piercing through the entire healing period recommended below. Even healed piercings after being there for many years can still shrink and possibly close in a very short period of time – Retainers are always suggested if you need to remove your piercing for work or medical reasons.

Cleaning Your Piercing: Always wash your hands before touching your healing piercing. **ONLY 1/4tsp of NON IDODIZED sea salt to every 8oz of DISTILLED water** or H2Ocean sea salt spray should be used to clean your piercing. **NEVER use alcohol, peroxide, or Neosporin** on piercings still in the healing process. Using these types of cleaning agents while healing can actually hinder your piercing; by over cleansing and stripping the good bacteria your body needs to heal, thus making it a breeding ground for Bad bacteria/infection. Neosporin or any other anti-bacterial ointment should also be avoided to prevent debris from getting attached to and sitting on the greasy surface.

The Piercing may discharge a whitish/yellowish secretion. These crusty discharges may be removed with a QTip and warm water or a sea salt solution. If you are having a hard time removing the crusties, saturate a cotton ball in warm water or sea salt solution and then proceed with the Q tips. Don't pick at it with the Q tip. DO NOT over clean your piercing. **Twice a day is ENOUGH!**

Diet, rest and your general health all affect how your body will heal. The healthier your lifestyle, the quicker you will heal.

Aggressive cleaning, playing with your piercing or pulling it can tear out the new cells while it is healing, making the entire process begin anew and extending healing time.

WARNING SIGNS OF AN INFECTION: *The warning signs of an infection include prolonged pain, swelling, excessive discharge that has a foul odor, severe discoloration, piercing will be hot to the touch. The most common cause of infection is repeatedly touching a piercing with unclean hands. If you suspect an infection, please consult with your piercer first and then you may need to follow up with your physician. DO NOT REMOVE JEWELRY FROM A SUSPECTED INFECTED PIERCING. IF PIERCING IS INFECTED REMOVING THE JEWELRY MAY CAUSE INFECTION TO SPREAD. LET YOUR PIERCER EXAMINE IT FIRST.*

WARNING SIGNS OF REJECTION: *Skin gets thinner and jewelry appears to get longer. Rejection can happen with any piercing, but is more common in surface piercings like eyebrow or navel. Rejection can happen for a few reasons or may be just your body's way of ridding itself of the foreign object. If rejection occurs during the healing time please consult your piercer. If rejection happens after your piercing is healed the only option is removing it. IT WILL NOT STOP REJECTING AND WILL EVENTUALLY PUSH ITSELF ALL THE WAY OUT OF YOUR BODY. WHILE THIS PROCESS IS PAINLESS IT WILL LEAVE A NASTY SCAR.*

QUESTIONS? CALL PERI AT FIGURE 8: 540-710-0580

SPECIFIC AFTERCARE INSTRUCTIONS

NOSTRIL: Healing time 4 months. Nothing should be inserted into your nose during the healing time. (pierced with 18g)

SEPTUM: Healing time 2-4 months. You can begin to flip your septum piercing up the next day after getting it pierced. Just be sure to clean your piercing every time you flip up/down. Crusties will form around the piercing making it hard to move around. Cleaning it beforehand will definitely ease the process. (pierced with 16g)

NAVEL: Healing time 6 months. Avoid tight clothing around your navel area to prevent snagging or irritation. Harsh soaps should also be avoided. It is not suggested that you go swimming in any body of water or hot tubing while your navel is healing. If you MUST please cover piercing with water proof band aid to prevent getting unwanted bacteria in the piercing which could cause rejection or infection. (pierced with 14g)

NIPPLES: Healing time Males 3 - 4 months. Healing time for females is 6 months. Going bra less is not suggested while nipples are healing. Wearing a bra/sports bra will actually help with the soreness that will accompany the first couple days after your piercing. (pierced with 14g)

ALL ORAL PIERCINGS: Healing time 6 weeks. Avoid spicy foods, high grain alcohols, smoking, French kissing and oral sex. Only use Alcohol free mouth wash or sea salt solution to clean your oral piercing. Clean you're piercing after eating if you feel the need. If you must smoke, rinse your mouth after EVERY time for at least the first week. (pierced with 14g)

TONGUE: For swelling or soreness take Ibuprofen. Eat slowly and think about how you are chewing. A white or yellowish film may form on your tongue and/or secrete from your piercing. These are healthy white Blood cells, your Body's way of healing. You can gently brush your tongue with your toothbrush. Do not attempt to remove the film by vigorously brushing your tongue. You will not be able to remove it and will only end up irritating your piercing. It will subside as your healing progresses. Also if a longer barbell was used to accommodate swelling DO NOT change the size of the barbell before the date your piercer has approved. The first switch of barbells should generally be done by a professional piercer to avoid infection or you're piercing accidentally closing. (pierced with 14g)

LIP/MONROE: Healing time 6 weeks. Do not play with it! If you leave it alone it will heal faster. Remember to clean the outside too. It is not sufficient to just rinse your mouth with a mouthwash, etc... Consult with your piercer after it has healed about shortening the length of the piercing's post to avoid damage to teeth and gums. (pierced with 14g)

EARLOBE: Healing time 6 to 8 weeks. If you have gotten your ears gauged (pierced at 10g or above) the healing time may be closer to 8 weeks. If you plan on stretching do not gauge up a size for at least 6 weeks. The first sizing should generally be done by a piercing professional. Keep in mind that one earlobe may feel completely fine and the other side may be a little slower or more sore during the healing process. (pierced with 16g)

CARTILAGE: Rook, Conch, Tragus, Helix, Industrial, Anti-Tragus, Snug, Daith – 6- 9 Months Healing time. DO NOT CHANGE THE JEWELRY FOR AT LEAST 6 MONTHS!! Cartilage piercings can sometimes be very fickle. Do not sleep on or move/twist your healing cartilage piercing. (pierced with 16g)

MICRODERMALS: Healing time 2 months. A Band aid must be used for the first 7 days of healing to insure that the anchor takes hold. If Band aid is not used for the suggested time the piercing may shift, become raised or crooked or just fall completely out. Dermal only need to be cleaned ONCE a day. Never try to clean Behind your dermal topper. You may change the topper after 2 months. The first change should generally be done by a piercing professional.

EYEBROW: – 2- 4 months. Do not move twist or change your piercing while in the healing process.(pierced with 16g)

GENITALS FEMALE: Healing 6 weeks REMEMBER -- ALL PIERCINGS ARE AN OPEN CHANNEL INTO YOUR BLOOD STREAM. Sexual contact, ESPECIALLY UNPROTECTED SEXUAL CONTACT during the healing phase could be dangerous to you and your partner. Be gentle with your new piercing - it will heal faster. Urine may be the best ally to your healing piercing -- urine is sterile to your body and the best rinsing agent you have, though it should not be used to replace suggested aftercare. Female genital piercings typically heal fast and easily. It is typical for labia and hood piercings to bleed for the first few days. If profuse bleeding occurs and will NOT stop please contact your doctor or seek help at your local Emergency Room. This is very rare for a female genital piercing but can occur. After you have been treated, return to your piercer. (pierced with 14g)