



(541) 967-7883 224 ~ Washington St. SW Albany OR 97322

## CARING FOR YOUR NEW PIERCING:

**DO NOT USE** any product marked "For External Use Only" including, but not limited to, rubbing alcohol, hydrogen peroxide, lidocaine (e.g. Bactine), triple antibiotic ointment (e.g. Neosporin), antiseptic (e.g. Betadine/hibiclens etc)

*Use products that will not irritate the piercing and will facilitate fast healing, such as: A mild, fragrance-free liquid soap-preferably antimicrobial or germicidal.*

### RECOMMENDED: H2Ocean Piercing Aftercare Spray

H2Ocean Piercing Aftercare Spray is the most effective way to cleanse new body piercings. This patented formula, enhanced with natural enzymes, has over 82 trace elements and minerals essential for living cells. Wash hands before cleaning, then use H2Ocean 3-6 times per day as needed, to help remove dried discharge and secretions safely.

### Sea Salt mixture, cleaning procedure

Clean hands thoroughly with antibacterial soap. Mix ¼ tsp Sea Salt to 8 oz of distilled, or bottled water. A stronger mixture IS NOT better. Saturate the piercing site for 3-5 minutes. Repeat the procedure 3.5 times daily.

- DO NOT change or remove jewelry earlier than recommended, Switching jewelry can happen after 2 months depending on healing of the piercing. (*Piercer will advise if your specific piercing has a different time frame*). You may also downsize your piercing after 3-4 weeks ,always by a professional.
- Do not move the piercing jewelry when the site is crusty; it does more harm to the piercing site then good.
- Do not play with the new piercing, physical irritation is the WORST!!!
- When clothing is in contact with the piercing make sure it's clean, loose and breathable.
- Keep piercing out of hot tubs, pools, and or bodies of water until healed.
- Be careful not to snag your piercing on clothing, seatbelts, washcloths, towels, and also OTHER PEOPLE!
- Keep shampoo, hair products, makeup, lotions, and soaps out of the piercing AT ALL TIMES!
- Make sure clothing, sheets, pillow cases, are changed and cleaned regularly to insure the health of the piercing, and also yourself.

## HEALING TIME ESTIMATION:

**EARLOBES:** Usually heal in 4-8 weeks; Use H<sub>2</sub>Ocean, or sea salt soaks as desired for comfort.

**ALL EAR CARTILAGE:** Usually heals 3-6 months; Use H<sub>2</sub>Ocean, or sea salt soaks as recommended, as cartilage is prone to cysts. Be sure to rinse jewelry and ear after shampooing to remove residue. Clean your ears after using styling products. Cartilage piercings are tender to sleep on, avoid sleeping on your new piercing as irritation will extend the healing process.

**NOSTRIL-NOSE:** Usually heals in 10-12 weeks (septum, 6-8 weeks); Use H<sub>2</sub>Ocean, or sea salt soaks as recommended, as nose piercings are prone to cysts. Clean the inside of the piercing site with a saturated Q-tip.

**EYEBROW/ANTIBROW:** Usually heals in 8-10 weeks: Use H<sub>2</sub>Ocean or sea salt soaks as recommended.

**TONGUE/INNER ORAL PIERCINGS:** Usually heal 6-8 weeks; Use alcohol-free antiseptic mouthwash (H<sub>2</sub>Ocean Mouthwash is recommended.) 2-4 times daily. Substitute sea salt soaks as needed. You will have swelling for 1-2 weeks. Rest your tongue. Do not stick it out past your teeth for the first week. Eat small, frequent meals and frozen fruit bars. Advil, Aleve, and Motrin will help with swelling but may also cause bleeding so don't overdo it. Drinking alcohol in any quantity will significantly increase swelling, and can cause EXTREME INFECTION within the first 3 weeks. Drink plenty of water. Brush teeth gently at first; do not brush the tongue during healing. Expect to see more lymph drainage coming from the piercing site. No kissing (or any oral contact) until healed, Be sure to check the barbell balls are screwed on tight and be sure to 'downsize' after healing (if advised)

**LABRETS-LIPS-BEAUTY MARKS:** Usually heals in 8+ weeks; Use H<sub>2</sub>Ocean, or sea salt soaks as recommended, inside and out. Remember the intra-oral healing appears white. If a stud was used, expect the disk to embed slightly into the lip over time, but do not allow new skin to form over the disc. If this begins, see your piercer immediately for 2 jewelry changes. Downsize post length on stud (if used) after 2-3 weeks.

**NAVEL/LOWER NAVEL:** Usually heals in 4-6 months; Use H<sub>2</sub>Ocean, or sea salt soaks as recommended. Expect some redness at the edges for up to a couple of months. A hard, vented eye patch can be applied under tight clothing or secured by using an elastic bandage around the body. This can protect the area from restrictive clothing, excess irritation, and impact from physical activities such as contact sports. Pants or skirt lines should be worn below your navel or it can be irritated so badly that it will not heal.

**KELOIDS/SCARS/CYSTS:** Some piercings are prone to keloid or scars, cysts. A cyst is @ fluid filled bump very close to the piercing, Usually they are tender; do not attempt to pop a suspected cyst! Regular H<sub>2</sub>Ocean cleaning, or sea salt soaks encourages drainage. Should a cyst occur and H<sub>2</sub>Ocean/seas salt soaks offer no relief, contact your physician.

You have just received a body piercing by a trained body piercing licensee. Now it's up to YOU to take appropriate care of your piercing during the critical healing period. If you have any questions or comments during the healing of your piercing, please do not hesitate to call.