

AFTERCARE INFORMATION

Your new body piercing was performed professionally and appropriately. Follow these simple suggestions, and your healing should go smoothly.

Remember that it is now up to you to take care of this piercing during the critical healing period.

A NORMAL PIERCING MIGHT,

- * be tender, swollen, itchy, and/or slightly red for a few weeks.
- * bleed a little for the first few days.
- * secrete a whitish-yellow fluid which crusts on the jewelry. This is not pus.
- * tighten around the jewelry as it heals, making turning a bit difficult at first.

GENERAL HEALING TIME

Healing times can vary from person to person. However, the time period listed above is the MINIMUM time in which you can expect MOST of the healing to occur.

We strongly encourage you to leave the jewelry in the piercing for at least the first 6 months, and a year is even better!

A piercing may appear to be healed when viewed from the outside, but much of what you cannot see is happening on the inside. Based on our experience as well as other professionals in the piercing industry, we strongly suggest that you observe these time guidelines before changing and/or removing if your jewelry. You are always welcome to contact us via telephone or e-mail if you have questions or problems, however the best solution may be to contact your local professional piercer.

We can assist you in locating reputable and professional shops in your area.

HOW TO CARE FOR YOUR PIERCING

If you follow the simple suggested aftercare your risk of problems can be minimized. In general, most piercing problems are caused by one or several of the following factors:

- * Touching the piercing with unclean hands.
- * Excessive movement of the jewelry. This may also include any pulling, tugging or excessive "pressure" done too soon.
- * Exposure to bacteria and germs through oral contact with another person, as well as contact with bodily fluids, whether your own or another person's.
- * Swimming in or soaking in public bodies of water. This includes rivers, lakes, streams, pools and hot tubs. These are areas known to be very high in many forms of bacteria and germs.
- * Over cleaning or using multiple cleaning agents at one time.
- * Wearing jewelry that is not appropriate for your piercing.
- * Contact with hair and cosmetic products or other chemicals commonly used for personal care.

All of these factors if not observed and followed, can lead to irritation, infection or rejection of your piercing.

HOW WILL I KNOW IF I HAVE AN INFECTION?

It is normal for a piercing to be tender with a slight redness for the first few days. There is also a norm secretion that is whitish-yellow and can be seen during the healing process.

This is your body ridding itself of dead skin cells and generating new and healthy tissue.

For a piercing to be infected, there are very distinct symptoms. Some of these may indicate other problems, but you should look for:

- * Redness
- * Swelling and or hardness of the piercing site
- * Pain and or hot sensation at and around the piercing site
- * Thick yellow to green discharge from the piercing

If you believe that you have an infection you should NEVER take out the jewelry without first consulting a physician. To do so would close off the only route that the infected matter has to escape. This has led to abscesses in some people. We strongly encourage you to contact your piercer. if you believe you have an infection.

Often times people mistake a cleaning agent reaction or a friction problem for an infection. However, we also encourage you to seek appropriate medical treatment if you think you should.

We are not physicians and any suggestions we make are based on our experience as well as the experiences of other professionals 'in the piercing industry. We enlist the advice and support of piercing aware and friendly medical professionals and encourage you to do the same.

HOW WILL I KNOW IF MY PIERCING IS REJECTING?

All piercings can reject, although some have a much higher incidence than others. Although no pain i s usually present, other signs you might observe are;

- * An enlargement of the opening of the piercing. A discharge of clear fluid
- * A rash or excessive itching.
- * A visible increase in the amount of jewelry that is visible outside of the piercing or being able to see the jewelry through the skin,

If any of these signs are present there are several things that can be done. Often a simple change in cleaning agents is all that is needed, or a different style of jewelry may stop this action. Not eve body will accept every piercing. Contact our professional piercer as they will best be able to assist you with this problem.

HOW SHOULD I CLEAN MY PIERCING?

* With all piercings, the first thing that you should do is to wash your hands using an antibacterial soap This is for hand washing only!! These can lie found at your local grocery store, are not expensive should be in the form of a pump dispenser. Read the labels carefully as not all pump soaps are antibacterial and some will be too harsh for your skin. We suggest that you avoid those products with fragrances, dyes or other additives and chemicals.

* Using a cotton swab and warm water, remove any matter which may be dried on the jewelry.

* Thoroughly clean your new piercing using the suggested cleaning agent for your piercing.

* It is suggested that a warm sea salt soak or compress be done every day to every other day, or if a piercing suddenly seems to “flare up.

* When you're not cleaning the piercing, leave it alone.

WHAT ELSE CAN I DO TO HELP MY PIERCING HEAL?

* Eat a healthy diet and observe good hygiene habits.

* Some piercees have found the addition of a multi-vitamin as well as Vitamin C has helped in the healing process.

* Follow the aftercare that has been provided.

* DO NOT USE PRODUCTS SUCH AS BETADINE SURGICAL SCRUB, ISOPROPYL RUBBING

ALCOHOL, HYDROGEN PEROXIDE, OR OTHER PRODUCTS THAT HAVE NOT BEEN SUGGESTED

BY YOUR PIERCING PROFESSIONAL. THEY SLOW DOWN THE HEALING PROCESS AND LEAD

TO COMPLICATIONS FOR SOME PEOPLE.

ALL BODY PIERCINGS:

* Antimicrobial soap such as Satin or Provon used no more than once daily during your normal hygiene routine is sufficient. Remove dried matter, apply soap and lather well. Gently move the jewelry back and forth to clean all surfaces. Under running water, rinse thoroughly. It is suggested that you urinate after cleaning ANY genital piercing to be sure that the soap is rinsed out. A salt water soak can be done at this time.

PIERCINGS BELOW THE NECK/THINGS TO AVOID

Tight or restrictive clothing, excessive friction or rough play. For the first few days it may be wise to restrict certain types of abdominal or chest exercises.

PIERCINGS ABOVE THE NECK/THINGS TO AVOID

Friction from telephone receivers and headphones. Care should be taken when pulling clothing on or off over the head and when brushing hair. Keep any make up or other cosmetics out of the piercing.

ORAL PIERCINGS - labret, lip and cheek:

* Follow the instructions above for the outside of the piercing and the instructions below for the inside.

ORAL PIERCINGS - tongue:

* Rinse after eating or drinking anything other than water. This should be done for 30-60 seconds. A solution of 1/4 teaspoon sea salt in 1 cup of water should be used. During regular oral hygiene care, use a non-alcohol based mouthwash such as Tech 2000, Prevention or Biotene.

* To minimize swelling place a small amount of ice in your mouth and let it melt. Do not suck on the ice, or use straws for drinking. This stresses the tongue.

ORAL PIERCINGS/THINGS TO AVOID

Oral contact including wet kissing or oral sex. Do not pull, tug or play with your piercing. This means no clicking against your teeth, rolling along your lips or sticking out your tongue to display the piercing. Reduce your intake of warm beverages as well as spicy foods and tobacco. Remember to check the tightness