

Your new body piercing has been done under clean, professional conditions here at Precision Body Arts.

Now it's up to you to take good care of it.

With modern body piercing techniques and high quality body jewelry minimal aftercare will usually get you the best results. Leave your piercing alone to avoid adding stress to the healing process, let your body naturally heal the piercing on its own.

You may experience a small amount of redness, soreness, bruising, discharge, or swelling during the healing process. In small amounts this is normal. If you are having persistent or excessive problems, or if you notice bumps forming on your piercing consult your piercer for troubleshooting help. Proper aftercare is the best way to avoid problems before they start.

Here are some tips for easier healing and healthier piercings:

DO NOT use any soaps, ointments, or chemical cleaners on your piercing. Avoid excessive cleaning, it will not help your piercing heal faster.

DO NOT twist, turn, move, play with, or pick at your piercing or jewelry. In other words, **just leave it alone!**

DO NOT swim or soak in any chlorinated or unclean water with a new piercing for one month.

DO NOT change or remove jewelry yourself until your piercing is fully healed.

DO NOT wear low quality jewelry. Bad jewelry can easily cause allergic reactions and many other problems. Wear high quality jewelry and keep your piercing happy.

FOR STRETCHING A PIERCING: As a general rule once a piercing is fully healed it should not be stretched more than one gauge size every 6-8 weeks. Skipping sizes or stretching too fast can cause scarring, rejection, and ugly piercings. Precision Body Arts offers free stretching services with any jewelry sale.

HOW TO CLEAN YOUR NEW PIERCING:

Ready-to-use products like sterile wound wash saline spray (available at pharmacies), H2Ocean, and SimpleCare piercing spray (available here at PBA) are easy to use and free of damaging chemicals, this is our preferred aftercare product. Sea salt solution (mixing instructions on back) is an acceptable alternative in the event you can not use pre-mixed saline products or piercing sprays.

Use your cleaning product as a spray, soak, or swab to gently clean the piercing site as needed. Do not move your jewelry or pick off dried build-up. Rinse site with water after soaking, or blot dry after spraying to remove excess salt. Do not over-clean your piercing. If it feels fine and is not red or irritated just keep it dry and leave it alone.

When showering thoroughly rinse your piercing under warm running water, do not use any soaps directly on your piercing. Rinsing a piercing at the end of every shower will wash away dried discharge from your piercing along with chemicals, and will aid in easier healing.

FOR ORAL PIERCINGS:

For **TONGUE** and **LIP** piercings rinse with sterile saline or an alcohol-free antibacterial mouthwash such as Biotene or Crest Pro-Health as needed for the first few weeks. Do not over-clean a new piercing. Do not use harsh mouthwashes such as Listerine or Scope during the healing process.

For any **LIP** piercing clean the inside as described in the above paragraph. Clean the outside of the piercing as described in the section at the top of this page.

Avoid or limit irritants such as smoking, alcohol, eating spicy or salty foods, or deep kissing during the healing process. Some swelling is normal, chewing crushed ice or drinking ice cold water may help to reduce discomfort. Proper aftercare is the easiest way to avoid excessive swelling and promote speedy healing.



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DOWNSIZING INITIAL JEWELRY:

Any jewelry installed in a new body piercing should be considered "initial" jewelry. Initial jewelry may be longer, larger, or a specific style to enable proper healing. Initial jewelry may need to be changed out to a more appropriate fitting piece once the healing process is completed. Stop in for a check up and we can change out your initial jewelry for you.

EAR CARTILAGE piercings (such as helix piercings or triple sets) will need shorter posts once initial swelling has passed. Wearing excessively long posts in a cartilage piercing may cause it to migrate, tilt, or scar.

LIP and TONGUE piercings will require shorter length jewelry once healed. As a general guideline if oral jewelry frequently touches your teeth or gums it should be changed to a shorter post or smaller size end piece to avoid damage and ensure a comfortable fit.

TROUBLESHOOTING TIPS:

Unightly "BUMPS" are one of the most common problems with a piercing. They are usually caused by physical or chemical irritation, and in some cases allergic reactions or improperly fitting jewelry. Never pick at, or try to pop a bump on a piercing. If you have a persistent bump on your piercing stop in for a consultation.

For facial piercings such as a **NOSTRIL** avoid getting make-up, facial wash, or soap on the site.

For **EAR CARTILAGE** avoid getting soap, shampoo, or other hair products on your piercing, rinse well when showering. Avoid sleeping on a healing cartilage piercing, pressure causes swelling and irritation.

"Rejection" happens when your body can not heal a piercing, and slowly pushes the jewelry out. Typical signs of rejection are scarring, severe thinning of the piercing, flakey skin, and excessive itching. If you think your piercing is rejecting stop in for a consultation. Jewelry may need to be removed to avoid permanent scarring.

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