

***Congratulations on your new piercing, we hope it gives you much enjoyment. We have endeavoured to provide you with the best quality body modification and now it is up to you to ensure that it heals comfortably and rapidly. The following information is a suggested after care routine. It has been based on many years of research and successful application; however if you require further assistance, please feel free to contact us for advice.***

### **Special Notes for Oral Piercings**

- *Purchase a new toothbrush*
- *Rinse with salt water after main meals.*
- *Eat and drink plenty of cold foods and liquids within the first 48hrs to minimise swelling.*
- *Avoid hot, spicy and crunchy foods while your tongue is swollen.*
- *Minimise smoking and drinking alcohol for the first 5 days. These both dehydrate the mouth and increase swelling. Increase your water intake to compensate.*
- *Avoid wet kissing and oral sex while your piercing is healing.*
- *Remember to have your post length checked after 2 weeks for a potential change down.*

### **Salt Water Soaks**

1. *Dissolve ¼ teaspoon of sea salt into 1 cup (250mls) of warm to hot water in a clean cup. (A stronger solution is not better as you can burn your piercing with too much salt.)*
2. *Wash your hands with an antibacterial hand wash.*
3. *If possible invert the cup over the piercing to create a seal, or submerge the piercing and soak for 2-5 minutes. For some placements it is easier to use cotton squares/round pads soaked in the salt water; apply gently to the pierced area. Ensure the piercing is “soaking” for 2-5 minutes.*
4. *After soaking the piercing, use a clean cotton bud soaked in the salt-water solution to carefully remove any secretions from around the piercing. Do NOT move the jewellery through the piercing.*
5. *Once you have finished this procedure, pat the area dry with a clean tissue.*

*This procedure should be carried out 2-3 times per day for the first 2-3 weeks.*

*However, salt water soaking is beneficial any time your piercing is irritated or inflamed.*

### **Hints & Tips**

- *Remember to check the ends on threaded jewellery on a regular basis to ensure they are tight.*
- *It is best to clean your piercing after you have showered and completed your grooming process. Hair products and make-up should be cleaned from the piercing site.*
- *Ear piercings; avoid sleeping on your new piercing, and clean your phone regularly during your initial healing phase.*
- *It is important not to over-clean your piercing. The concentration of the salt water is very important, as is the frequency. More is not better in this case.*
- *Part of the aftercare for genital piercings is to drink plenty of water. Your urine acts as an antiseptic on your piercings, and dilute urine will sting less on a fresh piercing.*
- *Be gentle with all fresh piercings. Be careful with clothing, towels, hairbrushes and pets.*

## What is Normal?

- A small amount of bleeding, bruising and/or swelling can occur with a fresh piercing.
- Tenderness of a new piercing is normal. This will settle as the piercing heals however it is important not to knock the piercing around while it is fresh. It will hurt and delay the healing process.
- Itching is also a sign that the piercing is healing. **DO NOT SCRATCH.**
- Secretion of a clear to creamy fluid is normal as the piercing is healing. This will dry at the entry/exit of the piercing and should be removed as per instructions.
- It is normal for a piercing to shrink very quickly within the first 12 months if the jewellery is removed for any length of time. Your initial jewellery should be left in the piercing for a minimum of 3 months before it is changed. However, even healed piercings can close without jewellery in them. For this reason it is essential that you have the ability to wear the jewellery full time while the piercing is healing. Discreet retainers are available for some piercings once healed.

## What to Avoid

- Do not use any harsh chemical based solutions on your piercing. These include but are not limited to – metho, Dettol, hydrogen peroxide, Betadine, and Savlon.
- Do not use any oils on your fresh piercing such as Tea tree or lavender oil. This includes oil-based products such as Bepanthen.
- Do not touch your piercing or let anyone else touch your piercing while it is healing unless you are cleaning it.
- Avoid contact with other people's bodily fluids during the healing process. Condoms are advised for penetrative sex. Water based lubricant under the condom will prevent tearing on the piercing.
- Do not move the jewellery through the piercing. The more you leave it alone the better.
- Avoid swimming in fresh water rivers, lakes, dams, public swimming pools, all spas, and bay side beaches. Surf beaches are usually okay. This is particularly important during the first 2 weeks after your piercing.



## AFTERCARE

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**Piercer:**.....

**Jewellery:**.....

**Date:**.....

**Changdown (if applicable):**.....