

## Piercing Aftercare Instructions

### What You May Need

- Anti-Bacterial or Antimicrobial Liquid Soap/Wash (Dial Golden Liquid Hand Soap or the generic type)
- Cotton-tipped Swabs
- Paper towel
- Biotene Mouthwash or Antiseptic mouthwash (Alcohol-free is best, like Crest Pro Health)

GENERAL PIERCING CARE: Make Sure you do this routine TWICE daily for the FULL 6 WEEKS!!!

1. First, wash your hands thoroughly. Never touch your piercing or jewelry with dirty hands.
2. Saturate a cotton swab with warm water, and gently wipe away any "crusties" that have gathered around the piercing site. Throw the cotton swab away.
3. Apply a generous amount of liquid soap to a cotton swab and apply to the piercing site and jewelry. Make sure you get the soap everywhere, but rotating the jewelry is not necessary as long as you work the soap around the piercing and jewelry completely.
4. Rinse the piercing and jewelry several times with warm water, ensuring that all soap has been removed.
5. Pat dry your piercing with a clean paper towel and then dispose of it.

Do NOT Use: FOR ANY REASON

- HYDROGEN PEROXIDE - Hydrogen peroxide kills bacteria, but it also kills the white blood cells attempting to heal your piercing. It can cause irritation and lengthen healing time.
- RUBBING ALCOHOL- Alcohol will dry the skin and irritate the raw piercing, which could actually lead to infection.
- GLYOXIDE - This is a product that contains hydrogen peroxide and hinders healing rather than aiding it.
- EAR CARE SOLUTION- usually provided by jewelry boutiques and store piercers usually contain harmful chemicals that only aggravate a new piercing.
- OINTMENTS- Antibacterial ointments only clog pores and/or kill good cells trying to heal the piercing.
- BACTINE SPRAY- not intended to be used on puncture wounds
- IODINE- also not intended to be used in puncture wounds
- FACE/BODY PRODUCTS- avoid using normal face washing products, creams or moisturizers, shave cream or makeup directly on piercing.

ORAL PIERCING CARE: Make Sure you do this routine for the FULL 6 WEEKS!!!

- With all oral piercings, remember to rinse your mouth for at least 30 seconds EVERY time you eat, drink, smoke, kiss, or put anything in your mouth that is not bottled water. This includes, gum, candy, mints, etc. Use Biotene mouthwash, or a solution as of half water, half Listerine Antiseptic mouthwash. Scope is NOT antiseptic!
- Remember that there will be swelling. Crushed ice and ibuprofen make a HUGE difference! Take 2 Ibuprofen every 4 hours, and 4 right before bedtime. EVEN if there is no discomfort.
- Try to be careful when you eat! You do NOT want to chomp down on your jewelry and chip a tooth! And please avoid rubbing it on your teeth! This wears down enamel and makes teeth fragile, more likely to stain, and can also cause them to be sensitive to heat and cold.
- If you notice a dent around the top ball, do not panic, this "cratering" is normal in soft tissue that is swollen, it will fade away as the swelling decreases.
- Also the underside of the piercing may have a gooey whitish-yellow discharge called "lymph" this is perfectly normal. Just take a cotton swab dipped in mouthwash and gently brush it away. Please remember to do the rinse for the full 6 weeks!!

Remember to tighten the balls on your jewelry several times a day, with clean hands. KEEP YOUR HANDS OFF unless they are clean.

IF YOU HAVE PROBLEMS PLEASE CALL OR COME BY. WE WILL BE MORE THAN HAPPY TO ANSWER ANY QUESTIONS YOU MAY HAVE.

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Piercer \_\_\_\_\_ Date: \_\_\_\_\_

Piercing: \_\_\_\_\_ Jewelry: \_\_\_\_\_ Change Date: \_\_\_\_\_