

looking after your new piercing

in general...

Wash your hands prior to contact on or near the area of your healing piercing! Leave the piercing alone except for when you are cleaning it. It is not necessary or advisable to rotate the jewellery while healing except during cleaning. Check twice daily with washed hands to ensure balls are screwed on tight. Make sure your bedding is clean and changed frequently while you are healing, especially if pets get onto your bed. A multi-vitamin mineral supplement containing zinc and vitamin C may help boost your body's healing abilities.

navel...

Initial Healing Time - 12 weeks+

A mild antibacterial liquid soap such as Softwash or Dettol to name a few, these should always be diluted during cleaning with distilled or bottled water or during daily showering.

1. First wash your hands thoroughly.
2. Prepare the area by rinsing or soaking with warm water to remove any stubborn crust using a cotton swab.
3. Apply a small handful of cleaning solution to the area with your clean hands.
4. Cleanse the area and the jewellery and gently rotate the jewellery back and forth a few times to work the solution to the inside. (This is not necessary during the first several cleanings). Allow the solution to cleanse for approx 1 minute.
5. Rinse the area thoroughly under running water, to completely remove the cleanser from the inside and outside of the piercing.
6. Gently dry with clean disposable paper products such as gauze or tissues.
7. Please try to be patient. If your piercing is tender or secreting you should continue the aftercare regimen.

nostril, lobe, eyebrow, tragus & septum...

Initial Healing Time - 6 - 8 weeks+

1. First wash your hands thoroughly.
2. Prepare the area by rinsing or soaking with warm water to remove any stubborn crust using a cotton swab.
3. Apply an ear care product containing benzalkonium chloride liberally on a clean unused cotton tip to the surface of the jewellery and around the openings of the piercing.

nipple...

Initial Healing Time - 16 weeks+

A mild antibacterial liquid soap such as Softwash or Dettol to name a few, these should always be diluted during cleaning with distilled or bottled water or during daily showering.

1. First wash your hands thoroughly.
2. Prepare the area by rinsing or soaking with warm water to remove any stubborn crust using a cotton swab.
3. Apply a small handful of cleaning solution to the area with your clean hands.
4. Cleanse the area and the jewellery and gently rotate the jewellery back and forth a few times to work the solution to the inside. (This is not necessary during the first several cleanings). Allow the solution to cleanse for approx 1 minute.
5. Rinse the area thoroughly under running water, to completely remove the cleanser from the inside and outside of the piercing.
6. Gently dry with clean disposable paper products such as gauze or tissues.
7. Piercings may have a tendency to have a series of "ups and downs" by seeming healed and then regressing. Please try to be patient. If your piercing is tender or secreting you should continue the aftercare regimen.

other piercings...

as per aftercare for Navel & Nipple piercing as well as:

Salt Water Soaks

Strongly suggested is bathing the piercing in a sea salt water soak at least once a day to accelerate healing and increase your comfort. Dissolve a pinch (1/4 teaspoon) of sea salt into one cup (8 oz) 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. For certain placements it is easier to use a clean cotton ball or gauze pad soaked in the salt water and applied to the pierced area. Salt water soaks help to stimulate air and blood circulation which facilitates healing.

tongue, labret & lip...

Initial Healing Time - 4 - 6 weeks+

1. Sucking rather than chewing of clean crushed ice immediately after the piercing will greatly reduce swelling of the area during the initial part of healing.
2. After meals and during the entire initial healing time rinse mouth for 30 seconds with an alcohol free mouthwash such as Biotene.
3. A new soft bristled toothbrush should be purchased to help reduce the bacteria that is introduced into your mouth.
4. Don't be alarmed if you see a fairly liquid, yellowish secretion coming from the piercing. This is blood plasma, lymph and dead cells which is perfectly normal. This is not pus, but indicates a healing piercing.

what to avoid...

Don't use alcohol, peroxide, Betadine, methylated spirits as they are overly strong and drying which can hinder healing. Don't apply any antibiotic ointments, gels and creams on your piercing. These prevent oxygen from reaching the wound and form a sticky residue which can cause complications. They are not designed for use on healing piercings. Don't use bandaids on a healing piercing. They limit air circulation and the adhesive can irritate the surrounding area.

Avoid submerging your piercings in pools, lakes, spas, jacuzzis etc unless you feel confident that the water is clean enough for you and your piercing which is an open wound while it is healing.

Visit our web site for more information.

it's all about you!



www.street-wise.co.nz

ph 09 520 6754

