

Piercing Aftercare Instructions

Everything you need to know about your new piercing is on this care sheet. It is very important that you read it carefully, and please keep it for future reference. If you are tempted to deviate from these instructions, in any way, **please call us first.**

GENERAL INSTRUCTIONS FOR ALL PIERCINGS:

- Do not touch your piercing unless you are cleaning it.
- Only clean your piercing after you have washed your hands.
- Do not let anyone else touch your piercing.
- A little redness and a white scab or discharge is "normal".
- Do not use alcohol, peroxide, ointments, creams, moisturizers, hand-sanitizers, perfumes, sprays, powders, oils, sunscreens, or hair products on/or near your piercing.
- Do not submerge your piercing in water until it heals.
- Avoid tight clothing. This includes hats, belts, pantyhose etc.
- No tanning.
- If you lose your jewellery or it falls out, we will put it back in (if possible), but a service charge will apply.
- You must check your beads daily to make sure they have not become loose.

FACIAL & EAR PIERCING:

Product to use: Sea Salt Spray

Clean: 2 times a day

Healing time: 6 to 8 weeks

- Soak Q-tip with warm water, to remove any scab or discharge, until jewellery & piercing are thoroughly cleaned.
- Apply Sea Salt Spray to piercing using a clean Q-tip. Gently work through the piercing by moving the jewellery back & forth, to allow the solution to penetrate the piercing.

NAVELS AND NIPPLES:

Product to use: Dragon Mist Soap & Sea Salt Spray

(Sea salt soak: 1/4 teaspoon to 1/2 cup of boiled water)

Clean: 2 times per day (after showering and especially after any sweaty activity)

2 times per week - sea salt soak

Healing Time: 8 weeks

- Shower normally. At the end of your shower, use a warm wet Q-tip to remove any scab or discharge from around your piercing and jewellery.
- Apply Dragon Mist soap directly to cleanse the outside of piercing and surrounding area.
- Rinse under shower until all soap is removed.
- Apply Sea Salt Spray with a Q-tip. Gently work through the piercing by moving the jewellery back and forth, to allow the solution to penetrate the piercing.

TWICE A WEEK: Use a shot glass filled with the sea salt solution (mixing instructions above) to soak your piercing for 15 minutes by creating suction around you navel. Rinse well afterwards.

ORAL PIERCING CARE INSTRUCTIONS:

AVOID THE FOLLOWING FOR THE NEXT 8 WEEKS:

- SMOKING - We realize this may be hard to do, but understand that it will not "help" your piercing in any way. Cutting down is advised, if quitting is unrealistic at this time.
- Dairy products (in moderation, may increase swelling and soreness)
- Drugs & alcohol....drugs in any form especially those in the methamphetamine group may cause excessive swelling in the first month and slow healing.
- Spicy foods, citrus fruits, and juices (burns and irritates)
- Open mouth kissing and oral sex without a condom, you should not let your piercing come in contact with another person's fluids.
- Eat normally...choose healthy foods that you feel "comfortable" eating. It should not hurt when you eat.

TONGUE, SCRUMPER, TONGUE WEB

Product to use: Sea Salt Oral Rinse

Clean: After you eat, drink or smoke anything other than water or ice for 4 weeks.

Healing Time: 4 to 8 weeks

- Use a 1/2 a shot glass (approx. 1/2 an ounce) of Sea Salt Oral Rinse, rinse for a full 30 seconds after consuming anything other than water (at least 3 or 4 times per day).
- Normal symptoms include a swelling period of 2 to 10 days and some whiteness of the tongue.
- Your oral hygiene routine is very important. Always brush your teeth and tongue, including the bottom of the barbell, at least twice a day. You may continue flossing regularly.
- Tongue jewellery should be changed to a shorter barbell 4 weeks after being pierced to avoid problems with teeth and gums.

LABRET AND LIP

Product to use: Sea Salt Oral Rinse and Sea Salt Spray

Clean: 2 times a day

Healing time: 6 to 8 weeks

- Soak Q-tip with warm water to remove any scab or discharge.
- Apply Sea Salt Spray to piercing using a clean Q-tip. Gently work through the piercing by moving jewellery back and forth to allow the solution to penetrate the piercing.

Then

- Use 1/2 a shot glass (approx. 1/2 an ounce) of the Sea Salt Oral Rinse, rinse for a full 30 seconds after consuming anything other than water. After healing is complete, you may need to get a shorter piece of jewellery. This will decrease any possible damage to teeth and gums.

Should you have any questions or concerns please come in and see one of our piercers.

Please Comment on your experience at our shop by logging on our web page @

<http://yongesttattoos.com/contact.html> then click on "feedback". Your input is greatly appreciated.