



## Piercing Aftercare:

Healing of a piercing requires a lot of care and attention. Neglect them or abuse them and they can become infected and/or take a lot longer to heal.

Initially some piercings may bleed heavily, in which case a simple dressing is recommended. Once the bleeding has stopped the piercing should be exposed to air as much as possible or covered only by loose fitting clothes. Use clean gauze dressings held in place by surgical tape for the first few days if bleeding is a problem.

Your piercing should be cleaned and inspected 2-3 times daily for at least the first month even if it seems healed. It is recommended to use a saline solution made with boiled water and around 5ml (1 teaspoon) of salt per 50ml of water. The solution should be left to cool until luke warm before you use it. Antiseptics are generally not recommended as they can irritate the wound and/or cause it to dry out and obviously neither is desirable. Irritating a wound can prolong the healing time hugely. Mouth piercings can be treated with saline solution and should be done after eating and smoking.

Any irritation to the piercing can prolong the healing process hugely. Try not to tug on the piercing or to wear clothing that catches the piercing as you move about. With oral piercings try to keep away from kissing deeply for the first 6 weeks. Avoid getting the soaking the piercing for at least the first 3-4 weeks. This means avoid swimming and where possible take a shower rather than a bath.

After a short while you will notice a little clear coloured fluid leaking from the piercing and drying around it. As above this should be carefully cleaned with a saline solution 2-3 times a day.

If the piercing becomes overly sore, continues to bleed, becomes overly swollen or discolours badly consult your piercer or a doctor. DO NOT remove the jewellery. Not only will this mean you may lose the piercing but it will also mean that you in effect leave an open wound which may become even more infected. If your piercing looks mildly infected then it may be worth actually trying a little antiseptic ointment. Again get advice from your piercer or doctor on which is the best to use. If the infection persists your doctor may give you a course of antibiotics which should clear it up. Again we stress DO NOT remove the piercing if you get an infection unless advised by your piercer or doctor to do so.

As stated elsewhere surgical steel jewellery can also cause a reaction in some people due to the nickel content. This can also be true of gold jewellery due to impurities due in all gold no matter the carat. Because of this we strongly recommend and in fact only use Titanium jewellery for the initial piercing. Once the piercing has healed this can be replaced with steel, gold, silver or any other inert material (e.g another piece of titanium jewellery).

If you have any problems or questions relating to your piercing please contact us on  
0700 340 0542