

# Aftercare Instructions

## HEALING

**Week 1 - Inflamed.** Swelling, redness and bleeding is totally normal. Ice ice baby!

**Week 2-4 - Healing.** Yellow 'crusties' form, don't pick 'em and no touchy!

**Week 5 - Matured.** Redness should be nearly gone. Keep cleaning the piercing.

**Week 6 - Downsize time!** Come say hi, we may need to change your jewellery!

## ORAL PIERCINGS

- Use alcohol-free mouth rinse twice a day after main meals. 2x maximum.
- 4x a day outside with H2Ocean spray.
- cold drinks are great during healing.
- Swelling is normal for 2 weeks.
- Eat soft foods while swollen.
- Do NOT play with jewellery at all.
- Downsize jewellery in 4-6 weeks.
- Rinse with cold water after every meal.
- Healing can take up to 3 months.



## FACIAL AND TORSO

- Spray 4x daily with H2Ocean spray.
- There is no need to rinse off spray.
- You can also soak 2x a day with saline solution (contact lens cleaner).
- Do not turn/twist jewellery and DON'T pick at your damn crusties.
- Be sure NOT to sleep on your new piercing and avoid irritation.



## GENITAL

- Follow **TORSO** aftercare.
- Bleeding is normal for a week.
- No unprotected sex during healing! ;)
- Sex can resume when comfortable (4-6w)
- Shower before/after sex during healing.
- Jewellery downsize after 6 weeks.
- Piercing can take up to 6 months to comfortably heal and settle in.



## ANCHORS

- Ice for first 24-48hrs.
- Be very careful not to catch!
- Hirudoid **AROUND** area (not inside) 2x a day for 4-5 days, or until redness is gone.
- Let dry out, do NOT cover or bandage.
- Anchors heal in 2-3 weeks.
- Come in to let us change your tops.



## SURFACE

- Follow **TORSO** aftercare.
- Many surface piercings can take up to 6-8 months to fully heal.
- Be careful not to bump or catch.



## TROUBLES

- Low carat gold or sterling silver is not advisable to wear for 3-6 months.
- Sleeping on or bumping your piercing will slow healing and cause lumps.
- Hot chamomile tea bag compress soaks reduce bumps and increases blood flow.
- Oral piercings that are constantly played with will rip and cause white, bumpy scar tissue. Saline rinses and Aspro Clear can help to get rid of the yucky bumps.
- Using alcohol wipes, Dettol, betadine, listerine or any harsh products will harm your piercing. **Don't friggin' use em!**

