

For Particular Areas

Navel

- ❖ To protect the area from restrictive clothing and possible impact during physical activity, a hard, vented eye patch (sold at pharmacies) can be used. Secure the patch under tight clothing such as nylon stockings or by using a length of ace bandage around the body.

Surface Anchors (Microdermals)

- ❖ For the first two weeks, sleep with a band-aid over the top of the piercing. The band-aid will hold everything in place and prevent the jewelry from snagging while sleeping.
- ❖ For cleaning under the top of the jewelry, spray sterile saline onto a gauze pad and gently floss underneath to remove any buildup.

Ear/Ear Cartilage and Facial

- ❖ Use the "t-shirt trick": dress your pillow in a large, clean t-shirt and turn it nightly; one clean t-shirt provides four clean surfaces for sleeping.
- ❖ Maintain cleanliness of telephones, headphones, eyeglasses, helmets, hats and anything that contacts the pierced area.
- ❖ Use caution when styling your hair and advise your stylist of a new or healing piercing(s).
- ❖ Avoid sleeping on the side that you received your piercing. Sleeping on a fresh or healing ear piercing can cause the angle of the piercing to shift.

Nipple

- ❖ The support of a tight cotton shirt or sports bra may provide protection and feel comfortable, especially while sleeping.

Genital

- ❖ Comfort and hygiene during the healing period are vital.
- ❖ In most cases you can engage in sexual activity as soon as you feel ready. During healing, all sexual activities must be gentle. To increase comfort and decrease trauma, spray the piercing with sterile saline to remove any crusty matter prior to sexual activity.
- ❖ Use barriers such as condoms, dental dams, and Tegaderm to avoid the new piercing making contact with a partner's bodily fluids.
- ❖ Use clean, disposable barriers on sex toys.
- ❖ For lubricant, always use a new container of water based lubricant. Do not use your own saliva.
- ❖ After sex, an additional saline rinse or clean water rinse is suggested.
- ❖ Prince Albert and Apadravya piercings can bleed freely for the first few days.
- ❖ If using soap to clean piercings near the urethra, urinating after cleaning is important. Soap can irritate the urethra and urine will help wash out any remnants of the soap.

Tongue/Lip (Labret)/Cheek

- ❖ Swelling will normally occur within the first 72 hours. It is important to drink lots of cold liquids and gently suck on ice to help minimize the swelling.
- ❖ Once the swelling has gone down, come back in to downsize your jewelry. Downsizing your jewelry is very important and helps prevent damage to your teeth and gums.
- ❖ Don't share plates, cups, or eating utensils with others. Replace your toothbrush and keep it clean during the healing period. Keep dirty fingers, pencils, sunglasses etc. out of your mouth.
- ❖ Avoid excessive talking, playing with the jewelry and all oral sexual contact (including wet kissing) during the healing time. Playing with your jewelry (specifically tongue piercings) can cause tooth and gum damage.
- ❖ Use either an alcohol and peroxide free mouthwash or a warm saline soak to clean your piercing twice a day. Also, swish with bottled water anytime you eat, drink or smoke to remove build-up.

SUGGESTED BODY PIERCING AFTERCARE



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Congratulations!

You've just received a body piercing by a skilled and knowledgeable professional who cleaned and disinfected the area pierced, used sterile instruments, jewelry and a single use needle.

NOW IT IS UP TO YOU TO TAKE PROPER CARE OF YOUR PIERCING DURING THE CRUCIAL HEALING PERIOD. HOW YOUR PIERCING HEALS IS UP TO YOU AND YOUR BODY.

Your _____ piercing is expected

to take _____ or longer to heal.

_____ Piercer

_____ Jewelry

_____ Earliest Change/Downsize Date

What is Normal?

- ❖ Initially, some bleeding, localized swelling, tenderness or bruising.
- ❖ During healing: Some discoloration, itching, secretion of a whitish-yellow fluid (not pus) that will form crust on the jewelry. The tissue may tighten around the jewelry as it heals.
- ❖ Once healed: The jewelry may not move freely in the piercing; **DO NOT** force it. If you fail to include cleaning your piercing as part of your daily hygiene routine, normal but malodorous bodily secretions may accumulate.
- ❖ A piercing may seem healed before healing is complete. Piercings heal from the outside in, and although it feels healed, the tissue remains fragile on the inside. **BE PATIENT**, and keep cleaning throughout the entire healing period.

What To Do

- ❖ Wash your hands prior to touching the piercing. Do not handle the piercing except when cleaning. Do not rotate the jewelry while healing.
- ❖ Stay healthy! Eat a nutritious diet. The healthier your lifestyle, the easier it will be for your piercing to heal. Exercise during healing is fine, just listen to your body.
- ❖ Make sure your bedding is kept clean and changed regularly. Wear clean, comfortable, breathable clothing that protects your piercing while sleeping.
- ❖ Showering is safer than taking a bath, because bathtubs tend to harbor bacteria. If you would like to take a bath, clean the tub well before each use.

Cleaning Solutions

- ❖ A packaged sterile saline solution with no additives (read the label!)
- ❖ A mild liquid soap can be used to clean the area surrounding the piercing, but not the piercing or the jewelry itself.

Cleaning Instructions for Body Piercings

1. **WASH** your hands thoroughly prior to cleaning, or touching on or near your piercing.
2. **SALINE** spray two to three times a day.
3. **SOAP** no more than once or twice a day. While showering, you may use a mild liquid soap to clean the area surrounding piercing. Do not use the soap directly on the piercing or the jewelry as it can irritate the wound.
4. **DRY** by patting gently with disposable, single use paper products such as gauze pads or paper towels. Do not use cloth towels, as they can harbor bacteria and may snag on jewelry which can lead to injury.

What To Avoid

- ❖ Avoid undue trauma such as friction from clothing, excessive motion of the area, playing with the jewelry and vigorous cleaning. These activities can cause the formation of unsightly and uncomfortable scar tissue, migration, prolonged healing and other complications.
- ❖ Avoid the use of alcohol, hydrogen peroxide, Betadine, Hibiclens or ointment.
- ❖ Avoid over cleaning. This can delay your healing and irritate your piercing.
- ❖ Avoid all oral contact, rough play, and contact with others' bodily fluids on or near your piercing during healing.
- ❖ Avoid stress and recreational drug use including excessive caffeine, nicotine and alcohol.
- ❖ Avoid submerging the piercing in bodies of water such as lakes, pools, jacuzzis, etc.
- ❖ Avoid all beauty and personal care products on or around the piercing including cosmetics, lotions, sprays, etc.
- ❖ Don't hang charms or any other object from your jewelry until the piercing is fully healed. Keep in mind that jewelry with dangly charms is meant to be worn on occasion and should not be worn daily.

Hints and Tips

Jewelry

- ❖ Unless there is a problem with the size, style, or material of the initial jewelry, leave it in place for the entire healing period. A qualified piercer should perform any necessary jewelry change that occurs during healing.
- ❖ Contact your piercer if your jewelry must be temporarily removed (such as for a medical procedure). There are non-metallic jewelry alternatives.
- ❖ Leave jewelry in at all times. Even old, well healed piercings can shrink and close in minutes after having been there for years! If removed re-insertion can be difficult or impossible.
- ❖ With clean hands or paper product, be sure to regularly check the threaded ends on your jewelry for tightness. ("Righty-tighty, lefty-loosey")
- ❖ Carry a clean spare ball in case of loss or breakage.
- ❖ Should you decide you no longer want the piercing, seek professional help in the removal of the jewelry and continue cleaning the piercing until the hole closes. In most cases only a small indentation will remain.