

**Aftercare Instructions
for Facial, Ear, Labret,
Marilyn & Lip Piercings**



**Silverline
Body Piercing
Jenn & Beth**

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Always wash your hands before you touch the piercing or its area.

Clean your piercing for least one month 3 times per day. Use one of the recommend soaps when washing and Bactine when not. Spread these cleanings out over the day; make sure they include mornings and bedtimes. After one month clean your piercing once a day in the shower/sink with a soap for at least another month.

Clean all dry, crusted matter off the jewelry before you move it. To remove this dried matter you may soak the jewelry in warm water before you move it. If you do not take the time to do so, the dried matter can scratch and/or re-open the piercing.

Wash your piercing in the shower/sink using a mild soap. For soaps we recommend Spectro jel, Neutrogena, Dove, Ivory, Phisoderm. Lather the soap on the piercing area (including the piercing) using a clean hand. Turn the jewelry so that what was inside the piercing is now outside of the piercing and what was outside of the piercing is now inside. In other words move all the jewelry back and forth threw the piercing without actually removing the jewelry. Rinse the piercing thoroughly using clean water in the same manner as it was washed. Make sure to remove all soap matter. **DO NOT TAKE THE JEWELRY OUT!**

Use the Bactine several times daily as an astringent to clean the area. You can spray Bactine directly on the piercing or use a q-tip. Make sure not to double dip anything back into the Bactine container. Bactine can be found at any drug store in the first aid aisle.

For **Lip/Labret/Marilyn** piercings the mouth side of the piercing must be kept clean too. Rinse the inside of your mouth with Listerine mixed ½ and ½ with water **or** a salt water rinse at least 4 or 5 times a day for the first 2 weeks.

DO NOT touch the piercing or jewelry again until the next time it is washed. **ONLY** touch a fresh piercing with clean hands. Do not turn a piercing unless it is being washed.

The Dos and Don'ts

Do NOT

-Do NOT surf the web or listen to your sisters friends cousin about what you should be doing to look after your piercing. We have been doing this for over 20 years and have seen and tried everything. The reasons we recommend these things are based on what generally works best for most people. If it is not working well for you come in, we can tailor a cleaning routine that will work better for you.

-Do NOT use alcohol, peroxide, iodine, aloe vera or Band-Aids. These products are too harsh for a fresh piercing; they harm your healing skin cells and slow healing.

-Do NOT touch your new piercing with dirty hands or let anyone else. Moving your piercing when you are not cleaning it just puts air born and surface bacteria into the fresh tissue.

-Do NOT use Polysporin or other ointments. If your piercing is not infected these products will only hinder healing and if you need them at a later date they will have a lessened effect.

-Do NOT wear clothes that will not allow your piercing to "breathe". Fitted clothing is fine not restrictive.

-Do NOT allow oral contact with the piercing. Yes that is rite mouths are dirty.

-Do NOT play rough with a new piercing. This includes changing it too soon!

-Do NOT ever remove the jewelry unless you want to make the removal permanent! Even if it looks infected, call us first. If you think you have had the piercing long enough to take it in and out, call us first. (After a year some piercings can heal over within an hour without the jewelry in them.)

-Do NOT change your nose/ear piercing to silver for ONE YEAR. Unless you want a PERMANENT little grey mark. (From tarnish)

Do

-Do keep your new piercing clean and follow the instructions given.

-Do be careful with your new piercing. Bumps and bangs can tear the healing tissue and possibly off set the piercing.

-Do take care to remove dry matter off the jewelry by soaking it before moving the jewelry.

-Do eat right while trying to heal a piercing, even if the piercing is a tongue piercing.

Healing and Infection

An infection is always possible, but not typically. Bacteria are introduced by excessive handling, dirt and/or sweat just to mention some of the ways it can get in to a piercing.

Sometimes, a piercing can display certain symptoms of infection, but not be infected. This is an "inflammatory response". These are small red slightly swollen areas that occur around pierced areas occasionally during the healing process. There can also be a white discharge, slight itchiness and mild discomfort. These signs can all be part of the healing process and do not necessarily mean your piercing is infected.

Signs of Infection:

The entire area is hot, sore, extremely itchy and/or excreting greenish discharge.

If you get an infection, the first thing to do is to relax. Getting upset just makes things worse. Call us or come in, we can usually help if not we would be more than happy to work with a physician to help make it better, this does not have to be the end of your piercing.

Average healing time for most piercings is well over 3-6 months. Do not become discouraged. This does not mean that your piercing will act up the entire time it just means be careful with it. A professional piercer should do any type of jewelry removal or change until the piercing is fully healed.

We highly recommend a check-up visit within 2-3 weeks after your piercing has been done or at anytime you would like some advice. We would be happy to help you with any healing issues that may arise.