



**Aftercare Instructions
for Navel, Nipple, Dermal
Anchors & Surface Piercings**

**Silverline
Body Piercing
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Always wash your hands before you touch the piercing or its area.

Soak your piercing twice a day and wash it once a day in the shower/bath for the first month. Do this before you go to bed, after school/work and when you wake up. After one month clean your piercing in the shower and still soak it once a day for at least another month.

Clean all dry, crusted matter off the jewelry before you move it. This dry matter is composed of dried white blood cells which your body uses to fight bacteria. 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 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 the piercing and what was outside 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!

To soak the piercing (twice/day) use a cup filled with warm water (8oz) and a ½ tsp of sea salt or epsom salts. You are making a saline solution to soak the piercing with, more salt is not good. Do not use table salt, you want non-iodized salt. Suction/hold the cup and its solution to the area for at least 5 to 10 minutes, longer is not bad. This will also remove all crusted matter from the jewelry. You can find sea salts at any pharmacy. DO NOT turn or touch the jewelry or piercing again until the next time it is washed. ONLY touch a fresh piercing with clean hands.

The Dos and Don'ts

Do Not

-Do NOT surf the web or listen to your sister's friend's 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 your piercing 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, potentially causing infection.

-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. They also coat the piercing making it difficult for the piercing to "breathe".

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

-Do NOT, allow oral contact with the piercing. Yes that is right mouths are dirty, full of yummy bacteria.

-Do NOT play rough with a new piercing. This includes changing it too soon! Most piercings require 2 months at least.

-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

-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.