

FORGED IN FRESH TATTOO & BODY PIERCING

Piercing Aftercare

Your Piercing will go thru changes during the healing process. After the initial piercing some bleeding, localized swelling, tenderness, or bruising may occur. As the Piercing begins to heal you can expect some discoloration, itching, secretion of a whitish-yellow fluid (not pus) that will form some crust on the jewelry. The tissue may also 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 smelly bodily secretions may accumulate. A piercing may seem healed before the healing process is complete. This is because tissue heals from the outside in, and although it feels fine, the interior remains fragile. Be patient, and keep cleaning throughout the entire healing period. Even healed piercings can shrink or close in minutes after having been there for years! This varies from person to person; if you like your piercing, keep jewelry in — do not leave it empty.

Cleaning your body piercing

- WASH your hands thoroughly prior to cleaning or touching your piercing for any reason. Leave the piercing alone except when cleaning. During healing, it is not necessary to rotate your jewelry.
- Using a mild soap gently lather around the piercing and rinse as needed. Avoid using harsh soaps, or soaps with dyes, fragrances, or triclosan.
- RINSE thoroughly to remove all traces of the soap from the piercing. It is not necessary to rotate the jewelry through the piercing.
- DRY by gently patting with clean, disposable paper products because cloth towels can harbor bacteria and snag on jewelry, causing injury.
- Make sure your bedding is washed and changed regularly. Wear clean, comfortable, breathable clothing that protects your piercing while you are sleeping. If you sleep with pets discontinue until the pierced area is completely healed.
- Saline wound wash can be used to clean the area but should not be considered an alternative to washing the area with a mild soap.

Cleaning Your Oral Piercing

- WASH your hands thoroughly prior to cleaning or touching your piercing for any reason. Leave the piercing alone except when cleaning. During healing, it is not necessary to rotate your jewelry.
- Rinse mouth as needed (4-5 times) daily with a cleaning solution for 30-60 seconds, after meals, and at bedtime during the entire healing period.
- Use only Antimicrobial or antibacterial alcohol-free mouth rinse.

DO NOT do the following

- Do not move or change out the jewelry in an unhealed piercing.
- Do not pick away dried discharge with your fingers.
- Do not clean with Betadine®, Hibiciens®, alcohol, hydrogen peroxide, Dial® or other soaps containing triclosan, as these can damage cells.
- Do not use Bactine®, pierced ear care solutions, and other products containing Benzalkonium Chloride (BZK). These can be irritating and are not intended for long-term wound care.
- Do not over clean. Cleaning too often can delay your healing and irritate your piercing.
- Do not cause 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.
- Do not have oral contact, rough play, and contact with others' bodily fluids on or near your piercing during healing.
- Do not submerge the piercing in unhygienic bodies of water such as lakes, pools, hot tubs, etc. Or, protect your piercing using a waterproof wound sealant bandage. These are available at most drugstores.
- Do not apply beauty and personal care products on or around the piercing including cosmetics, lotions, and sprays, etc.
- Do not hang charms or any object from your jewelry until the piercing is fully healed.

Each body is unique and healing times vary considerably. If you have any questions, please contact your piercer. In the event an infection is suspected, quality jewelry or an inert alternative should be left in place to allow for drainage of the infection. If the jewelry is removed, the surface cells can close up, which can seal the infection inside the piercing channel and result in an abscess.

Do not remove jewelry unless instructed to by a medical professional.

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421 E. Main, Farmington NM
ph:520.369.9080