

Aftercare Instructions for Piercings

Approximate Healing Times:

- Lip / Labret: Two to Six (2-6) months (Includes: monroe)
- Nostril / Eyebrow: Two to Three (2-3) months
- Earlobe: Four to Six (4-6) weeks
- Ear Cartilage (Helix): Three to Twelve (3-12) months
- Tongue: One to Two (1-2) months (Includes: tragus, daith, rook, industrial)
- Navel/Belly Button: Three to Twelve (3-12) months
- Genital: One to Twelve (1-12) months
- Other Piercing: Up to six (6) months

Supplies Needed: Antibacterial liquid soap (for external piercings only). An antiseptic mouthwash (for oral piercings only) and/or a non-iodized sea salt solution (mix 1/8 teaspoon of salt per 8 ounces of warm water) which can be used for both oral and external piercings

Aftercare Instructions for External Piercings: Always wash your hands before touching your piercing. Using warm water and a cotton swab, remove the any matter that may have dried on the jewelry and around the opening of the piercing.

Next:

Soak the piercing in the cleansing solution (non-iodized sea salt solution) or lather up an antibacterial soap in and around the piercing, leaving the cleansing agent in contact with the piercing for approximately one (1) minute. **Remove the solution and rinse off the solution with clean water.** Rotate the jewelry back and forth. Any cleansing agent left on the skin or in the piercing can potentially cause problems. Only rotate the jewelry in the piercing if it's lubricated (ie: when it's wet from cleaning). Rotating dry, crusty jewelry can be quite painful and irritating.

Aftercare Instructions for Oral Piercings (tongue, lip, etc.): Rinse your mouth antiseptic mouthwash (ie:

Listerine - dilute 50% with distilled water) or sea salt solution for 30-60 seconds after eating or drinking (excluding water). Continue the rinses for six to eight (6-8) weeks.

Additional Considerations:

Genital piercings usually heal quickly without difficulty; however, problems can arise from not following the aftercare instructions properly or becoming "too rough, too soon with the piercing. Always wash your hands before touching the piercing. Soak your piercing in the non-iodized sea salt solution for ten (10) minutes.

Wipe with a cotton swab to remove any existing matter. No oral contact with your new piercing without an appropriate barrier for at least three (3) months. The use of gloves for touching, condoms for intercourse and the appropriate barriers for oral sex are highly recommended.

If you have any questions or concerns, contact your piercer at Pincushn's Custom Tattoo and Body Piercing. In addition, you should seek medical attentions if the piercing site becomes infected or extremely painful, or if you develop a fever shortly after being pierced.

As with any invasive procedure, body art may involve possible health risks. These risks may include, but are not limited to: transmissions of blood borne diseases such as HIV and viral hepatitis, skin disorders, skin infections, and allergic reactions. In addition, persons with certain conditions including, but not limited to, diabetes, hemophilia or epilepsy, are at a higher risk for complications and should consult a physician before undergoing a body art procedure.

