

Piercing Aftercare

FOR TONGUE PIERCING:

An oversized barbell has been used for your tongue piercing to allow for swelling. After it is completely healed (about 1 month) jewelry can be replaced with smaller jewelry.

Eat soft foods for the first week (fruit shakes, yogurt, etc.) Avoid very hot foods and beverages.

After eating, drinking or smoking, ALWAYS rinse with Listerine.

With CLEAN HANDS tighten ball at least 2 times a day.

All piercings (except for the tongue) are to be treated with 0.9% Saline solution (H2OCEAN AVAILABLE FOR SALE AT ICT), or you can purchase this at any pharmacy. All piercings are to be cleaned 3 to 5 times a day as follows:

Using soap, water and CLEAN HANDS, wash jewelry and surrounding area thoroughly, picking off any crust that sticks to the jewelry with your fingernail.

DO NOT USE COTTON, Q-TIPS, OR A WASHCLOTH!!

After cleaning, apply 2 drops of solution (OR SPRAY H2OCEAN) onto jewelry. Make sure to move the jewelry back and forth as to insure the solution gets inside the piercing.

Allow the solution to remain on the skin for NO LONGER THAN 1 MINUTE.

NAVELS TAKE 3 TO 9 MONTHS TO HEAL, ALL OTHERS TAKE ABOUT 6 WEEKS TO HEAL.

A CERTAIN AMOUNT OF REDNESS, IRRITATION, AND DISCHARGE IS NORMAL. IF YOU ARE CONCERNED PLEASE GIVE US A CALL.