

**Aftercare Instructions**

Stay healthy! The healthier your body the easier it is for it to heal.

• Sleep lots and eat a nutritious diet

• Drink lots of water.

• Keep stress levels down.

• Don't get sick.

• Everybody is unique, and healing times will vary.

**Generally What to Expect**

• Initially: A little bleeding, localized swelling, tenderness or bruising are all normal.

• During healing: Some discolouration, itching, a secretion of whitish-yellow fluid (not puss) that forms into a crust on jewellery.

• Your jewellery may appear stuck in place. DO NOT force it, twist it or move it. It is not necessary to rotate or move your jewellery.

• A piercing may seem healed well before full healing is complete. This is because piercings heal from the outside in, and although it feels healed, the tissue inside remains fragile and delicate. BE PATIENT.

• Leave your jewellery in. Piercings can start to close within a matter of minutes.

• Check the balls are tight every day. Righty tighty, lefty loosy!

**Cleaning Instructions**

• Wash your hands before touching your piercing!

• Clean your piercing with a salt solution 2-3 times a day, using a cotton bud. Front and back.

• DO NOT move or rotate the jewellery.

• DO NOT pick off any crusty bits. Wet them with the solution and remove gently with a cotton bud, otherwise leave it alone.

• Dry using a clean cotton bud or paper towel.

**The Recipe**

• Dissolve 1/4 teaspoon rock salt in 250ml of boiling water.

• Leave to cool before using.

• Make a new solution after 2 days.

**Nose Piercings**

If your nose piercing comes out, do not panic. Find the jewellery and clean it. Try to put the jewellery in your piercing, try only two times (your nose will swell if you keep trying). Find a clean, straight earring and put that in without the back. Then message or phone me to arrange a time to come in so I can help.

**Oral Aftercare**

• Rinse your mouth with a sensitive no alcohol mouthwash for 30-60 seconds.

• Rinse 5 times daily: after meals and before bed.

• Use a new toothbrush.

• DO NOT play with the jewellery or click it against your teeth. Do not twist or rotate.

• Avoid smoking! It increases risks and lengthens healing time. If you are a heavy smoker, cut down as much as you can and use mouthwash after every cigarette.

• After 4 weeks, come back to have the bar changed.

• Your piercing is an open wound, so you must avoid other people’s bodily fluids. So, no French kissing or no oral sex. Failure to comply opens you to risks of STD's.

• For lip piercings follow general aftercare sheet for the outside of your piercing.