

How will I know if my piercing is infected or irritated?

Slight redness or mild bruising is normal for the first few days. There may be a dry build-up or slight discharge, this is also normal. This discharge is a natural substance that your body secretes during the healing process; do not mistake this for pus which is a thick, dark green discharge. While infections can only be diagnosed by a physician it is important to know that many common piercing related irritations are often mistaken for infections. Most irritations can be fixed quite easily by simply changing your aftercare routine or jewelry. most common irritations with a new body piercing comes from chemicals. Avoid using any chemicals or ointments on your piercing such as; Listerine, iodine, rubbing alcohol, hydrogen peroxide, bacitracin, Neosporin, Bactine / or any ear care solution, Epsom salt, etc. as they will greatly hinder the healing process and possibly cause damage to your skin.

It is usually best not to remove jewelry in a piercing you suspect may be irritated or infected since this will close off any passageway for the discharge to escape., please seek medical attention/physician if an infection is suspected.

How will I know if my piercing is rejecting?

Remember, all piercings can reject, though some have a higher tendency to do so. There is usually little or no pain associated with rejection. The signs to watch for are enlargement of the openings of the piercing, along with some scar-like redness, discharge of a clear fluid, itching, and rash. Not all bodies will accept the piercing you have selected. Sometimes trying a different type of material will help improve the piercing, cheap jewelry can easily cause an allergic reaction leading to rejection. Be aware that with most problems, poor aftercare is usually a main factor. Should your piercing show signs of rejection get in touch with your piercer as soon as possible. Jewelry may need to be removed to prevent excessive scarring.

Healing time varies from person to person, and every piercing. Some piercings may heal very fast; tongues for instance can heal very quickly, sometimes in as little as 4 weeks. While navels and cartilage can take longer amounts of time to heal completely, sometimes 6 months or more. It is important to leave jewelry in a new piercing during the initial healing period, although you may think it is healed it may still take several weeks or months for the piercing to toughen up. As a general guideline if your piercing is sore, red, or otherwise irritated it is probably not ready to be changed. If you have any questions about changing or removing jewelry feel free to call or stop by.

Signs of an Infection:

- * Sore to the touch.
- * Excessive redness around the jewellery.
- * Distention or swelling around the piercing.
- * Painful when moving the jewellery.
- * Discharge of green bloody puss during movement of jewellery.

Questions you will be asked

- * When did you clean your piercing last?
- * What did you clean your piercing with?
- * How often are you cleaning your piercing?
- * How did you use the cleaning products?
- * Did you put anything else on the piercing? (i.e.: Polysporin, Neosporin, baby oil etc.)
- * What have you done in the last 3 days? (i.e.: go swimming, hot tub, tanning, etc.)
- * Have you started any new medications lately?

Generally an infection can take 24 to 48 hour to develop in most cases it's quicker than that, but usually a day or two has it humming pretty good. This in mind you should think about your aftercare and what you have done to cause the infection

if you experience any symptoms of an infection & following the aftercare regime does not make it any better please seek medical attention or see a doctor within 24 hours.

Taking a mild non-aspirin, non-steroidal pain medication (Tylenol, Advil, Motrin, etc.) to reduce pain or swelling is at your discretion. If you do choose to use a pain medication consults a doctor or pharmacist for recommendations and follows package instructions.

We are not doctors, any suggestion made in this form is based on the experience of our staff along with that of other professionals in this field and is not intended to be presented as medical advice.



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Body Piercing AFTER CARE

Congratulations on your new piercing, while your piercing has been done under clean and professional conditions, .it's now up to you to take proper care of it. The chances of infection are minimal with proper aftercare. Most problems/irritations occur generally from handling or touching the piercing with unwashed/unclean hands, being too rough with it or moving it excessively, and improper cleaning.

We recommend Sea Salt Solution as the best aftercare product to use since it does not irritate skin like most chemicals. There are mixing instructions for sea salt solution on the last page of this document.

Remember that improper cleaning can lead to several problems such as irritation, soreness, scarring, rejection, and prolonged healing.

IMPORTANT THINGS TO REMEMBER!

- Do not touch your piercing unless you are cleaning it
- Only clean your piercing after you have washed your hands
- Do not let anyone else touch your piercing
- A little redness and a white scab or discharge is normal
- Do not use alcohol, peroxide, ointments, creams, moisturizers, hand-sanitizers, perfumes, sprays, powders, oils, sunscreens, or hair products on/or near your piercing
- Do not submerge your piercing in water until it is healed
- Avoid tight clothing. This includes hats, belts, pantyhose etc
- No tanning
- If you lose your jewellery or it falls out, we will put it back in (if possible), but a service charge will apply
- Check your beads daily to make sure they have not become loose
- If turning jewellery, be sure wound is moist, not dry
- Should you need to cover your new piercing for sports or other reasons, be sure covering is loose to allow airflow
- After healing is complete, you may need to get a shorter piece of jewellery (this will decrease the chance damage to teeth and gums in oral piercings)
- Avoid any unclean water including ponds, lakes, oceans, pools, and hot tubs. These tend to be filled with bacteria and can quickly lead to infection, even if cleaned immediately after contact. It is strongly discouraged for a minimum of one month
- Eat normally...choose healthy foods that you feel "comfortable" eating. It should not hurt when you eat.

Remember – before you touch your piercing WASH YOUR HANDS!

One of the most important steps before you start touching your piercing to clean it is washing your hands. Your hands come in contact with germs and bacteria more than any other part of your body, so it is extremely important that you don't transfer those germs to your new piercing.

FACIAL & EAR PIERCING:

Product to use: Sea Salt Mixture

Clean: 2 times a day

Healing time: 6 to 8 weeks

- Soak Q-tip with warm water, to remove any scab or discharge, until jewellery & piercing are thoroughly cleaned
- Apply Sea Salt with a new Q-tip. Gently work through the piercing by moving the jewellery back & forth, to allow the solution to penetrate the piercing

NAVELS AND NIPPLES:

Product to use: Sea Salt Mixture

Clean: 2 times a day minimum (always after showering and/or sweaty activities)

2 times per week - Sea Salt Soak

Healing Time: 8 weeks

- Soak Q-tip with warm water, to remove any scab or discharge, until jewellery & piercing are thoroughly cleaned
- Apply Sea Salt with a new Q-tip. Gently work through the piercing by moving the jewellery back and forth, to allow the solution to penetrate the piercing

If cleaning during/after shower:

- Apply Antibacterial soap directly to cleanse the outside of piercing and surrounding area
- Rinse under shower until all soap is removed
- Exit shower and apply Sea Salt with a Q-tip. Gently work through the piercing by moving the jewellery back and forth, to allow the solution to penetrate the piercing

TWICE A WEEK: Use a shot glass filled with the sea salt solution to soak your piercing for 15 minutes by creating suction around you navel. Rinse well afterwards

LABRET AND LIP

Product to use: Sea Salt Mixture

Clean: 2 times a day

Healing time: 6 to 8 weeks

- Soak Q-tip with warm water to remove any scab or discharge.
- Apply Sea Salt with a new Q-tip. Gently work through the piercing by moving the jewellery back and forth, to allow the solution to penetrate the piercing
- Use 1/2 a shot glass (approx. 1/2 an ounce) of the Sea Salt Mixture to rinse your mouth for a full 30 seconds

Rinse your mouth using the Sea Salt Mixture for a full 30 seconds after consuming anything other than water.

AVOID THE FOLLOWING FOR THE NEXT 8 WEEKS:

- **SMOKING** - We realize this may be hard to do, but understand that it will not "help" your piercing in any way. Cutting down is advised, if quitting is unrealistic at this time.
- **Drugs & alcohol** - drugs in any form especially those in the methamphetamine group may cause excessive swelling and slow healing in the first month
- **Spicy foods, dairy products, citrus fruits, and juices** (burns and irritates)
- **Open mouth kissing and oral sex** without a condom, you should not let your piercing come in contact with another person's fluids.

RECIPE FOR SEA SALT SOLUTION:

Dissolve 1/4 a teaspoon of sea salt in eight ounces of distilled, bottled, or purified water. Use daily to clean your piercing. You can also use Sea Salt water as a soak or compress to help heal irritated piercings. Make sure you do not use the sea salt too frequently or use too strong a mixture as this can easily over-dry your skin. Use only pure sea salt with no additives (no table salt, no Epsom salt), which is available at supermarkets and health food stores.