

Piercing Aftercare Instructions

First and Foremost

- **NEVER** touch your new piercing unless you've just **washed your hands with an antimicrobial soap**, or the piercing could become irritated or infected. Avoid moving or twisting your jewelry during healing.
- Do **NOT** use alcohol, hydrogen peroxide, bactine, witch hazel, antibiotic ointment, or iodine to clean your piercing.
- Do **NOT** remove the jewelry until the piercing is **completely healed**. Avoid changing your jewelry until the healing process has completed.
- Do **NOT** submerge piercing in chlorinated pools, salt water, lakes, or ponds for **at least four weeks** after the initial piercing
- In the event of an infection or other serious medical issues, be absolute sure to **contact a physician or doctor**.

What to Expect

- **For the first 3-5 days:** significant swelling, light bleeding, mild bruising, and/or tenderness. This is completely normal.
- **After one week:** reduced swelling, light secretion of a white/yellow fluid. This is a sign your piercing is healing properly, as healthy blood cells are draining out.
- A piercing may seem healed before the healing process is complete. This is because piercings heal from the outside in, and although it feels fine, the tissue remains fragile on the inside. Be patient, and please keep cleaning throughout the entire healing period. Once again, **avoid changing or removing your jewelry until the healing process has completed**.

Estimated Healing Times

While everyone will have different lengths of time in which their piercings heal, here is a short, general list of how long you should expect your piercing to take before it is fully healed and ready to be replaced with jewelry of your choosing. If you ever have any questions, you can always feel free to return to our shop to speak with your piercer.

Tongue	3-6 Weeks
Male/Female Genitalia	2-6 Months
Ear Lobe, Eyebrow, Nasal Septum	6-8 Weeks
Nasal Bridge	8-10 Weeks
Lip, Nostril, Cheek	2-4 Months
Nipples	3-6 Months
Ear Cartilage, Navel	2-6 Months

DREAM CHASER TATTOOS & BODY PIERCINGS

159 E. Reynolds Rd Suite B
Lexington, KY 40517
859-523-5891

How to Clean Your Piercing

Once again, **wash your hands before touching or cleaning your piercing**.

Avoiding this step may cause dirt and/or oils to aggravate your piercing and possibly lead to an infection.

Choose your approved aftercare routine

Be prepared to do a sea salt/saline soak around **twice a day** for the duration of the healing process. A basic sea salt/water solution, or a can of saline based wound wash, which can be found at places like Walgreens or Rite-Aid. If this process becomes too irritable for your skin, antimicrobial soap and water can be another alternative. Make sure to consult with your piercer for the best method to clean your specific piercing.

Make sure the solution gets all the way into the piercing

For ear lobes, just submerge into a small cup of the solution. For places like a navel, flip the cup over the piercing and against it to create a vacuum, and allow the piercing to be completely covered. For other piercings, it is effective to saturate the solution onto clean gauze and then apply to your piercing. Some people choose to use a mild soap and water, which is best done in the shower. Use a pearl sized drop of mild soap and gently clean the piercing. Rinse off all the soap after 15-30 seconds. Also, be sure to remove any crust-like formations around your piercing, best done with a Q-Tip soaked in the saline solution. Once again, consult with your piercer for the best method to clean your specific piercing.

Rinse & dry your piercing

Rinse thoroughly to remove all traces of solution or soap from the piercing. It is unnecessary to rotate the jewelry during the cleaning or healing process. Dry by gently patting with clean, disposable paper products. Keep in mind cloth based towels can contain bacteria and snag onto jewelry, possibly causing infection. When rinsing out the inside of your mouth for oral piercings, be absolute sure to use an **alcohol-free** mouthwash.

Avoid harmful cleaning techniques, or situations

There are some things that should be avoided during the cleaning process. It is possible to over-clean the piercing. Be sure to limit your cleaning schedule to only twice a day to avoid irritation or dryness. Harsh soaps and anti-bacterial products can all damage the healing cells and dry out your piercing. Rubbing alcohol should be avoided for these same reasons. In addition, any kinds of ointments should also be avoided as they restrict necessary airflow and will delay the healing process.

Avoid sleeping on your piercing, or any undue trauma such as friction from clothing, playing with the jewelry, oral contact, or rough play in the area of your piercing. Any of these situations, including having contact with body fluids from another person, can cause scarring, irritation, and/or infection.

Be patient!

As long as you take proper care of your piercing, and clean it properly for the duration of the healing process, everything will turn out great. Finally, if you ever have any questions or concerns, feel free to stop back into our shop and speak with your piercer. We are here to help you!