

# BODY PIERCING AFTERCARE

Looking after a new piercing is very important. Even if you feel that you are used to piercings, you should always be prepared for any complications which may arise and follow the aftercare given to you at the time of your piercing. If you are ever unsure what is happening to your piercing, please get in touch.

**Remember that it is your body's job to HEAL the piercing and your job to keep the piercing clean and healthy so that your body can get on with it's job.**

## GENERAL SKIN PIERCINGS

(EARS, NAVEL, NIPPLE, EYEBROW, DERMALS, SURFACE PIERCINGS)

**What you will need:** Cotton Wool balls, Sterile Saline Solution (Sea Salt solution or Tea Tree solution can also be made at home)

**Cleaning Frequency:** Twice daily for 4 weeks and then once a day for 2-4 weeks.

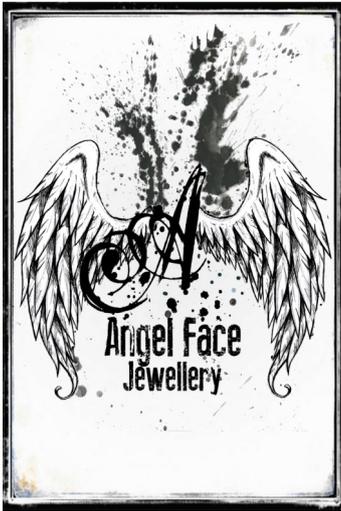
**USING STERILE SALINE:** If you are using a pre-mixed Sterile Saline solution such as Neil Med Aftercare sold in my studio, it is very easy as all you need to do is gently clean the piercing using warm water and a cotton wool ball and then spray the piercing site with a 2-3 second blast of the saline spray. After spraying with saline, pat the area dry with a clean piece of paper towel to avoid the risk of bacteria settling in the moist warm space left after cleaning.



**MAKING YOUR OWN SALT SOLUTION:** Using a small glass or bowl mix up a solution made from one cup of pre-boiled warm water and 1/8 teaspoon of sea salt. Table Salt does not suffice for this process. Be careful not to use too much salt. Too much salt in a cleaning mix is one of the biggest reasons why new piercings become irritated. Both salt and water must be carefully measured which is why it is often easier to buy pre-mixed saline. The water needs to be as warm as you can stand without burning you. Dip a cotton wool ball into the solution and use it to clean the piercing by gently rubbing the area clean on both sides of the piercing. Be as gentle as you need to be but don't be afraid to be thorough. If you are cleaning multiple piercings, use a separate cotton ball for each piercing.

**MAKING YOUR OWN TEA TREE SOLUTION:** Tea Tree Oil can be readily purchased from most chemists or Herbalist shops but due to its potency, it is recommended to wait until your piercing has settled for a couple of weeks before bringing it into your aftercare routine. Simply add 1-2 drops of Tea Tree Oil into one cup of pre-boiled water and follow the same process as described above.





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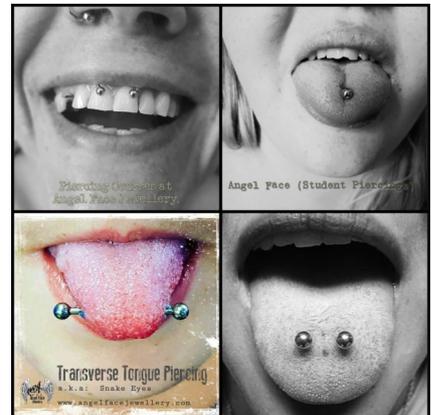
## ORAL PIERCINGS

(TONGUE, CHEEKS, LIPS)

**What you will need:** Dental mouthwash, sterile saline, warm water.

**Cleaning Frequency:** Twice daily for 3 weeks and once daily for a further 3 weeks.

The inside of your mouth is the second quickest part of your body to heal. All you need to do is clean the inside of the mouth using mouthwash. Using sea salt solution inside the mouth is not recommended. When you have eaten a meal or drunk anything which isn't water, rinse your mouth out with tap water to avoid the spread of bacteria and to help rinse food debris away from the piercing site. If you have had your tongue pierced, you should be able to change the bar for a shorter one within 10-14 days. Try to avoid smoking...if this is impossible then at least try to cut down for the first 7-10 days.



To clean the exterior of your piercing (in the case of lip or cheek piercings) use sterile saline or sea salt solution as described in the earlier paragraph.

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## GENITAL PIERCINGS (GENERAL CLEANING AND CARE)

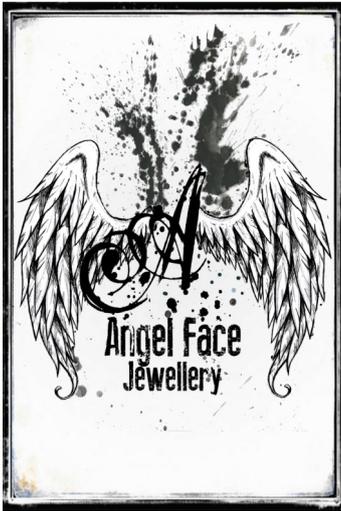
(I WILL PROVIDE ADDITIONAL AFTERCARE SPECIFIC TO EACH TYPE OF PIERCING AT THE TIME)

**What you will need:** Tea Tree Oil, warm water

**Cleaning Frequency:** Twice daily and a tea tree bath every other day (if desired)

Your genitals are the quickest part of your body to heal following a piercing. It's a resilient part of your body which is used to bacteria and rarely presents any complications during healing provided that good aftercare and personal hygiene are maintained. For basic cleaning, fill a cup with warm water and add 2 drops of neat tea tree oil. Dip a cotton wool ball or bud into the solution and squeeze it to allow the solution to run over your piercing whilst you massage the cotton gently on your piercing. Move the jewellery around a little to allow the solution to rinse through the piercing.

If you like to take a bath, just add 10 drops of neat tea tree oil to a normal bath and bathe every other day for 5-10 minutes. Tea Tree Oil is a very strong natural antiseptic and this will serve as a soak. Adding the oil to the bathwater reduces the risk of infection which would normally be associated with bathing but it is not recommended to spend too long in the bath!



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## OPENING HOURS AND CONTACT

eMail: [information@angelfacejewellery.com](mailto:information@angelfacejewellery.com)

Tel: 07717 297891

Facebook: @angelfacejewellery

Twitter: @angelfacejewels

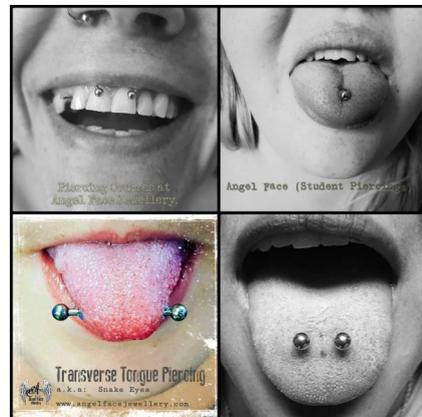
Instagram: @angelfacejewellery

### Studio Hours

Thursday: 10am—2pm

Friday: 10am—4pm

Saturday: 10am—4pm



EMAILS AND SOCIAL MEDIA MESSAGES WILL BE ANSWERED BETWEEN THE HOURS OF 9.30AM AND 6PM MONDAY TO SATURDAY. MESSAGES ARE GENERALLY RESPONDED TO WITHIN 24 HOURS. PLEASE NOTE THAT THE MESSAGING SERVICE SHOULD NOT BE USED IF YOU FEEL THAT YOU ARE EXPERIENCING DANGEROUS MEDICAL COMPLICATIONS OR A SERIOUS INFECTION.

## GENERAL RESOURCES

Angel Face Jewellery Website: [www.angelfacejewellery.com](http://www.angelfacejewellery.com)

Piercing Aftercare: <https://www.angelfacejewellery.com/piercing-aftercare-guidelines>

Piercing Do's and Don'ts: <https://www.angelfacejewellery.com/piercing-problems-and-complications>

Piercing Complications: <https://www.angelfacejewellery.com/piercing-dos-and-donts>

## GENERAL STUDIO STANDARDS

