

Important Information

Healing time for piercing and tattooing varies from person-to-person. The rate of infection is minimal if the aftercare is followed appropriately. It is very important to remember not to touch the pierced or tattooed site without first washing your hands. Normal body reactions to piercing and/or tattooing may include: redness, swelling, and/or minor discomfort at the site. If after 48 hours more severe complications occur (increased redness, swelling or hardness at the site, pus-like drainage, onset of fever, and/or prolonged pain at the site or respiratory difficulty following tongue piercing), contact your personal physician or dentist (following oral piercing).

Ear lobe:	6 to 8 weeks
Ear cartilage:	4 months to 1 yr
Eyebrow:	6 to 8 weeks
Nostril:	2 to 4 months
Nasal septum:	6 to 8 months
Lip:	2 to 3 months
Tongue:	4 weeks
Nipple:	3 to 6 months
Belly Button:	4 months to 1 yr
Genitalia	
Female	4 to 10 weeks
Male	1 to 6 months

Information from the American Dental Association

Oral piercings, which involve the tongue, lips, cheeks, uvula, or a combination of sites, have been implicated in a number of adverse oral and bodily conditions. The piercing of oral structures presents unique risks due to the nature of the environment, the rich blood supply of the tissues, the presence of vast amounts of bacteria and other organisms, and the important functional roles the mouth plays in the complex processes of digestion, respiration, sensory perception, and speech.

Common symptoms following oral piercing include pain, swelling, bleeding, and increased salivary flow. Documented health risks include infection chipping or fracturing of teeth, gum stripping and recession, rapid development of bone loss of the lower front teeth, broken fillings or crowns, difficulty with eating and speech, and the swallowing or aspiration of jewelry.

Although rare, serious and life-threatening complications of infections have been documented following oral piercings. These include development of infection which spreads to the heart, which required hospitalization; and one case of a compromised respiratory airway, making it difficult to breathe.

The Pulse - Body Art Studio, LLC

Call us if you have any questions regarding your body art.

Phone: (256) 233-4655 Athens

Phone: (256) 461-4643 Madison



Piercing Aftercare Instructions

Artist: _____

Piercing Aftercare

For Outside the Mouth:

WASH YOUR HANDS! Never touch your new piercing without first washing your hands thoroughly with an antibacterial soap! Be gentle when handling your new piercing. Rough treatment could traumatize the tissue at the site. A new piercing is an open wound and should be treated as such.

On non-facial piercings it is helpful to administer **warm/hot saltwater soaks**. These help to stimulate blood circulation which accelerates healing by dilating blood vessels. It will also help loosen the tissue to help drain bacteria that may be trapped in the piercing. This will also help to reduce irritation in the area. a These should be done **at least once a day**. Seal a clean cup on the area and soak directly for 5-10 minutes. The more often you do this the faster and more comfortably you should heal. A good time to **soak** is **after a shower** to help clean out soap, shampoo and face wash residues.

***For your soaks, use hot enough water to do the job but not so hot it will burn you.**

Concentrate more on keeping your piercing clean than cleaning it after every contamination. However, clean your piercing if you know you got it dirty (bathing, makeup, touching, licking, etc.) or if you have excess fluid drainage that has crusted around the piercing.

It is recommended to avoid swimming in rivers/lakes or soaking in a hot tub until your piercing has healed completely (approximate healing times vary depending on the piercing—see back of pamphlet).

H2Ocean is ideal for new **facial and body piercings** but simple, generic saline solutions can help as well. The bottle for these should read, "sterile, isotonic, buffered saline." They are very easy to find at most chain pharmacies.

H2Ocean is also ideal for on the go. Just spray the solution over the piercing or anytime you know you may have gotten it dirty and allow it to soak into the piercing.

Saltwater Recipe

Sea salts are natural antiseptics you can buy at natural food stores and many food markets. Dissolve 1/8 –1/4 teaspoon of non-iodized salt (sea salt or kosher salt) into one 8 oz cup of warm/hot drinking water in a clean cup (A stronger solution is not better as you can dry and irritate your piercing with too much salt). Even easier is to buy a gallon of purified water and mix in 3 teaspoons of sea salt. Shake the container well before each use to ensure adequate mixing of salt and water. Pour this mixture into a clean cup and microwave for your soaks. Seal it on the area and soak directly for 5-10 minutes.

If it stings at all when you soak or gets dry or itchy afterward, you probably have too much salt in the water.

Follow with a clear water rinse or splash then pat dry with disposable paper products. Do not use a regular iodized table salt. These are too strong and over-drying.

Do not use alcohol, peroxide, Neosporin, betadine, bactine, etc.

Those products are overly strong and drying, and they kill off the healthy cells your body needs to heal. Antibiotic ointments (i.e. Neosporin) do not allow for proper air circulation, and they form a sticky residue that easily attracts particles and in which bacteria can grow once the short lived antibiotic properties of the ointment are gone. Ointments tend to not wash off easily so you end up washing the ointment instead of your new piercing.

Rotating your jewelry. Do not rotate the jewelry, for the first 24 hour period. Afterwards, rotate your jewelry after it has been cleaned. Your body will secrete plasma and lymph fluid during healing that will become crusty when it dries - **soak it off don't pick it off.**

There is NO reason to EVER take out your piercing during cleanings.

We recommend that piercing jewelry NOT be removed for at least 6 months to a year. If jewelry must be removed for medical reasons, please call us or your physician and arrange to have it removed.

For Inside the Mouth:

Sea salts or Saline can be used on the inside of the mouth as well and are recommended. The same water/salt ratio as indicated with the soaks.

If you choose a different antiseptic rinse, find one with no alcohol content. These include Rembrandt, Oral B, Biotene, and Tech 2000 (Listerine contains a lot of alcohol which is NOT recommended. It will cause extra swelling and kill off healthy tissue cells during healing).

With tongue piercings and lip piercings, you will want to rinse with your antiseptic after any bacteria gets in your mouth from food, drink, smoking, kissing, biting your finger nails, chewing on a pencil, etc. Rinse for 30 seconds each time.

To keep swelling down, Ibuprofen / Advil are a great anti-inflammatory. Use as directed after your piercing to help manage any discomfort /swelling. (Do not use any medication you may be allergic to.) Ice, popsicles, ice cream, milkshakes, etc. will also help to keep swelling down, but be sure to rinse out with your antiseptic afterward.

For the first two days, stick to softer foods. Excessive chewing will put unnecessary stress on the piercing and prolong swelling.

For the first week at least, avoid alcohol, hot foods and spicy foods, and foods or drinks with high citric acid content. Reducing smoking or quitting is highly advisable when healing an oral piercing. Smoking increases risks of infection and can lengthen the healing time.

No oral sexual contact including French (wet) kissing or oral sex during the entire initial healing period even if you are in a monogamous relationship. Doing so would introduce excess bacteria into your piercing which could cause an infection.