

JEWELLERY HINTS & TIPS

- Unless there is a problem with the size, style, or material of the initial jewelry, leave it in the place for the entire healing period. If you are having any issues, please book a troubleshooting appointment, and one of our qualified piercers will assist you.
- Contact the studio ahead of time for a non-metallic jewelry alternative if your metal jewelry must be temporarily removed (such as for a medical procedure).
- With clean hands or paper products, be sure to regularly check ends on your jewelry for tightness as loss is not covered under our warranty policy.
- For threaded ends, check tightness with "righty tighty, lefty loosey"
- For threadless jewelry, make sure there is no gap between the post (inside) to the top (outside). In case of a gap, place your index finger and thumb on both sides of the jewelry and press them together. Be sure to check that the gap is closed.
- Should you decide you no longer want the piercing, simply remove the jewelry (or have us remove it) and continue cleaning the piercing until the hole closes. In most cases, only a small mark should remain.

DOWNSIZING JEWELLERY

- Nearly all piercings need to have the jewelry downsized or replaced with a smaller piece of jewellery.
- Most piercings generally require downsizing either after a recommended period of time or as swelling allows. Timing is different for everyone, and your piercer will provide you with recommendations.
- It is vital to the health of your piercing that you downsize your jewellery. Failing to downsize your jewellery in a timely manner can affect the angle of the piercing, lead to the forming of scar tissue, or lead to extreme long-term discomfort.
- When concerning oral piercings, failure to downsize can also lead to oral damage.
- Please note: Any upgraded or downsized jewellery is an additional cost. This includes new shorter posts, smaller rings or any new piece of jewellery.

IF YOU SUSPECT INFECTION

- Infection and irritation are two vastly different things. If you believe your piercing is infected, please contact us or a physician immediately.
- DO NOT remove the jewellery, as this could "trap" the infection and could possibly lead to the formation of an abscess. Quality jewellery or an inert alternative should be left in to allow for drainage of the infections, and should not be removed until the infection is cleared up.

YOUR PIERCING(S)

Your _____
piercing(s) is expected to take at least
_____ to heal.

Your piercer(s) today:

Jewellery:

Earliest Change/Downsize Date:

Notes:

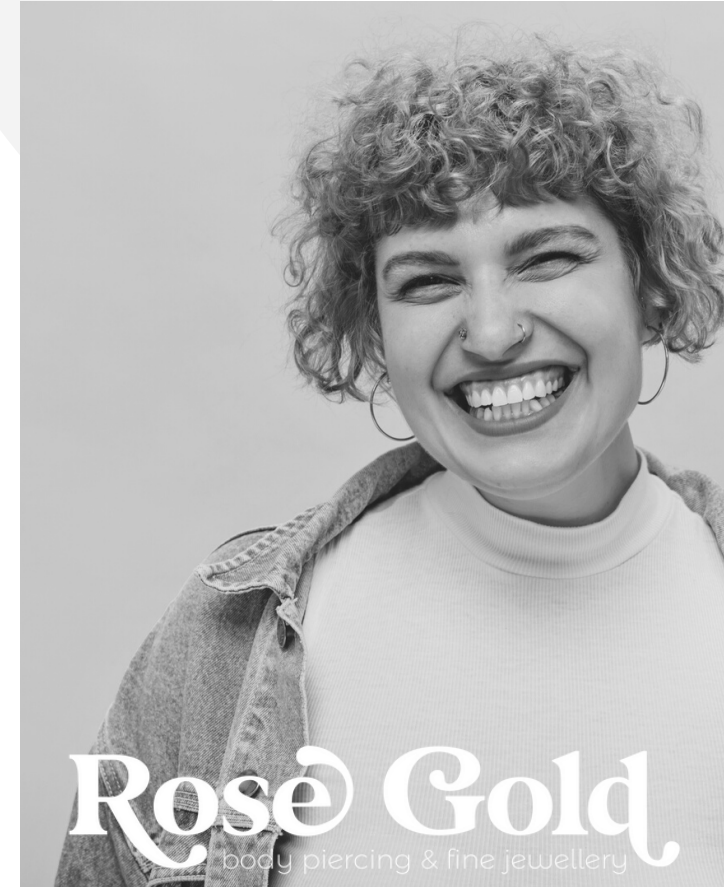
FOR ANY ISSUES, PLEASE BOOK A TROUBLESHOOTING APPOINTMENT ONLINE

*Disclaimer: These guidelines are based on a combination of vast professional experience, common sense, research, and extensive clinical practice. This is not to be considered a substitute for medical advice from a doctor. If you suspect an infection, seek medical attention. Be aware that many doctors have not received specific training regarding piercing. Your local piercer may be able to refer you to a piercing-friendly medical professional

ASSOCIATION OF PROFESSIONAL PIERCERS



AFTERCARE GUIDE FOR BODY PIERCINGS



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rosegoldbodypiercing.com**

CLEANING SOLUTIONS

Packaged, sterile saline with no additives (always read the label) is a gentle choice for piercing aftercare. We do NOT recommend mixing your own saline solution.

- **AVOID** cleaning with alcohol, hydrogen peroxide, antibacterial soaps, iodine, homemade sea salt solution or any harsh products, as these can damage cells.
- **AVOID** Bactine®, pierced ear care solutions, and other products containing Benzalkonium Chloride (BZK). These can be irritating and are not intended for long-term wound care.

CLEANING INSTRUCTIONS

1) **WASH** your hands thoroughly prior to cleaning or touching your piercing for any reason.

2) **SALINE** cleanse morning and evening, as needed while healing. For certain piercings, it may be easier to apply using clean gauze saturated with saline solution or use clean cotton swabs saturated with saline to remove any blood or debris.

3) **RINSE** site with clean, bottled or distilled water to remove saline solution residue. Moving or rotating jewellery is not necessary when cleaning or rinsing and is detrimental to the healing process.

4) **DRY** by gently patting with clean, disposable paper products or the cool setting on a blowdryer. Cloth towels can harbour bacteria and snag on jewellery causing injury.

WHAT IS NORMAL

- **Initially:** some bleeding, localized swelling, tenderness, or bruising.
- **During healing:** some discoloration, itching, secretion of a whitish-yellow fluid (not pus) that will form some crust on the jewelry. The tissue may tighten around the jewelry as it heals.
- **Once healed:** the jewellery may not move freely in the piercing; do not force it. If you fail to include cleaning your piercing as part of your daily hygiene routine, normal but smelly bodily secretions may accumulate.
- A piercing may seem healed before the healing process is complete. This is because tissue heals from the outside in, and although it feels fine, the interior remains fragile. Be patient, and keep cleaning throughout the entire healing period.
- Even healed piercings can shrink or close in minutes after having been there for years! This varies from person to person; if you like your piercing, keep jewellery in—do not leave it empty.

AVOID DURING HEALING

- Avoid all beauty and personal care products on or around the piercing including cosmetics, lotions, sprays, etc. Avoid ointments as they prevent necessary air circulation.
- Avoid over-cleaning. This can delay your healing and irritate your piercing.
- Avoid submerging new piercings in unhygienic bodies of water such as lakes, pools, hot tubs, etc. for at least 3 months.
- Avoid stress and recreational drug use, including excessive caffeine, nicotine or smoking, and alcohol. These increase risks and lengthen healing time. Avoid aspirin for as long as you are experiencing swelling or bleeding.
- Avoid undue trauma such as friction from clothing, excessive motion of the area, playing with the jewelry, and vigorous cleaning. These activities can cause the formation of unsightly and uncomfortable scar tissue, migration, prolonged healing, and other complications.
- Don't hang charms or any object from your jewelry until the piercing is fully healed.
- Avoid sleeping directly on a healing piercing, it can cause irritation or even migration of the piercing's original angle.
- Avoid oral sexual contact including French (wet) kissing or oral sex during healing – even with a long-term, monogamous partner. Avoid all oral contact, rough play, and contact with others' bodily fluids on or near your piercing during healing.
- For oral piercings, avoid chewing on tobacco, gum, fingernails, pencils, sunglasses, or other foreign objects that could harbour bacteria. Avoid sharing plates, cups and eating utensils.

PROMOTING PROPER HEALING

- Wash your hands prior to touching the piercing; leave it alone except when cleaning.
- Exercise during healing is fine; listen to your body. Take it easy for the first few days after piercing and avoid activities that promote excessive sweating.
- Make sure your bedding is washed and changed regularly. Wear clean, comfortable, breathable clothing that protects your piercing while you are sleeping.
- Showers tend to be safer than taking baths, as bathtubs can harbour bacteria. If you bathe in a tub, clean it well before each use and rinse off your piercing when you get out. Be sure to thoroughly dry your piercing after moisture, especially behind children's healing ear piercings.

HEALING EAR PIERCINGS

- Use the t-shirt trick during healing. Dress your pillow in a large, clean t-shirt and turn it nightly. One clean t-shirt provides four clean surfaces for sleeping.
- Placing a travel pillow on top of your pillow can help you avoid sleeping directly on your new piercing and help you protect it from harm during sleep.
- Maintain cleanliness of phones, headphones, eyeglasses, helmets, hats and anything that contacts the piercing.
- Use caution when styling your hair, and advise your stylist of your new or healing piercing.

HEALING SURFACE ANCHORS

- These piercings require maintenance during their entire lifetime because matter can build up underneath the threaded top causing the piercing to become irritated. Saline and/or shower rinses may be helpful with removing matter under the threaded top.
- Avoid putting cosmetics on these piercings, even when healed.
- Even with proper care, surface anchors may be less permanent than other body piercings.

HEALING NIPPLE PIERCINGS

- The support of a tight cotton t-shirt or sports bra may provide protection and feel comfortable, especially during sleeping.

HEALING GENITAL PIERCINGS

- Genital piercings, especially triangles, Prince Alberts, and Apadravyas can bleed freely for the first few days. Be prepared.
- Additional cleaning after urination is not necessary.
- In most cases, you can engage in sexual activity as soon as you feel ready, but maintaining hygiene and avoiding trauma are vital. All sexual activities should be gentle during the healing period.
- Use barriers such as condoms, dental dams, and waterproof bandages to avoid contact with your partner's body fluids, even in long-term monogamous relationships.
- Use clean, disposable barriers on sex toys.
- Use a new container of water-based lubricant. Do not use saliva.
- After sex, an additional saline soak or clean water rinse is suggested.