

Iron Forged Body Works

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BODY PIERCING AFTERCARE

Non-Oral Piercings

- You may start your aftercare routine the morning after your piercing has been done.
- Take a shower while keeping your new adornment in mind; avoid getting products onto the piercing site. Rinse thoroughly.
- Spray the pierced area with the NeilMed Wound Wash and let the wash sit for about 2-3 min. The goal here is to remove any debris from the area.
- Dry pierced area with either a blow dryer on a cool setting, or fan.
- You can also use eye shadow triangles or double sided sponge applicators with the Wound Wash to clean the piercings ONLY when debris appears.

Oral Piercings

- You may start your aftercare routine immediately.
 - Do not use any whitening oral care.
- You may rinse with an alcohol free mouthwash such as Biotene or Crest Pro Health one to three times a day.
- Rinse your mouth out with water after you put anything besides water in your mouth.
 - Having ice chips available at all times will help with any swelling and discomfort you may have. Ice water also works very well.

What is Normal, What can i expect?

- Redness, bruising, swelling and some tenderness for any piercing is normal for the first few weeks.
- A clear to yellowish discharge coming from the piercing channel is normal and can last until said piercing is completely healed.

What To Avoid?

- Rubbing or Isopropyl Alcohol
 - Peroxide
 - Neosporin
 - Any alcohol based mouthwash
 - Bactine
 - Lotions
 - Antibacterial or Antimicrobial soaps or ointments
 - Tea Tree or Essential Oils.
- Try to avoid paper products such as q-tips or paper towels. The fibers on the q-tips can come off and enter your piercing site. If this happens, it may cause irritation. Paper towels or any kind of towels that sit out can harbor bacteria.
 - Avoid sleeping directly on your new piercing. The pressure can not only change the angle of your piercing, but it can cause it to swell.
 - Do not rotate your jewelry!

Tips

- If you have a new ear piercing, you can get a travel pillow or you may roll a clean cotton T-shirt into a doughnut shape, so that when you lie down there is no pressure put onto your ear.
- Keep up with cleanliness and hygiene; take showers daily & clean your bedding at least once a week.
- The less you mess with your piercing, the faster it will heal.
- Avoid waxing/cutting/dying hair around the piercing site. Make sure you remind your stylist, so they can avoid snagging or getting product onto your piercing.
- Loofahs snag very easily. Be mindful!
- Do not touch or let others touch your piercing!

! Make sure to come in for your downsizing appointment. Problems can arise when jewelry is not fitted properly.

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State of Texas Body Piercing Aftercare: 1. Properly cleanse the pierced area by using antibacterial or antimicrobial soap for the external skin and/or antiseptic or salt water mouthwash for the oral cavity. 2. For at least for the first six weeks, minimize exposure to filth. 3. Use sterile bandage(s) when necessary. 4. The client shall consult a health care practitioner at the first sign of infection or an allergic reaction and report any diagnosed infection, allergic reaction or adverse reaction resulting from the body piercing to the Texas Department of State services, Drugs and Medical Devices at 1-888-839-6676

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