

Iron Forged Body Works

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BODY PIERCING AFTERCARE

Do Not Touch Your Piercings with Unwashed Hands! Contact us if you have any question about healing!

Non-Oral Piercings

- You may start your aftercare routine the morning after your piercing has been done.
- Take a shower while keeping your new piercing 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. You can use eye shadow triangle, double sided sponge applicator or a saturated sterile gauze pad with the Wound Wash to remove any debris from the jewelry and piercing area (only when debris appears.)
- Dry pierced area with either a blow dryer on a cool setting, or fan (a sterile gauze pad if needed, but be careful of the lint left behind).
- Clean and dry your piercing 1-3 times a day.
- Avoid saturating your piercing in all bodies of water for 8 weeks.
- You may put bagged ice on your piercings for 24 hours to help reduce swelling.

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, bleeding, 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?

- Touching your piercings.
 - 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 products such as q-tips or cotton balls. The fibers can come off and enter your piercing site. If this happens, it may cause irritation.
 - 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.
- Be careful on what jewelry you put in your piercing, (after 8 weeks). Jewelry online and at the mall are not verified safe metals & your body could react badly to it.
- If your piercings swells too much or starts to sink, contact us IMMEDIATELY !
- Do not touch or let others touch your piercing!
- AGAIN, DO NOT TOUCH YOUR PIERCINGS WITH YOUR DIRTY HANDS! WASH THEM BEFORE CLEANING YOUR PIERCING!

! Make sure to come in for your downsizing appointment between 2-8 weeks. 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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