

Iron Forged Body Works

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BODY PIERCING AFTERCARE

Piercer: _____

Jewelry: _____

Healing time: _____

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 into your piercing site. Rinse thoroughly.
- Spray the pierced area with the NeilMed Wound Wash, let the wash sit for about 2-3 min. The goal here is to remove any debris from the area.
- You may also choose to use a salt mixture (Dissolve 1/4 teaspoon seal salt into one cup [8oz] of warm distilled water). Soak 1-2 times a day.
 - Rinse thoroughly.
- Dry pierced area with either a blow dryer on a cool setting, or fan with your lint free gauze pad.

Oral Piercings

- You may start your aftercare routine immediately.
- Do not use any whitening oral care. Biotene or Crest Pro Health works well.
- Rinse your mouth out with water after you put anything besides water in your mouth.
 - You may rinse with an alcohol free mouthwash such as Biotene or Crest Pro Health one to three times a day.
- 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?

- Alcohol
- Peroxide
- Neosporin
- Any alcohol based mouthwash
 - Bactine
- Soaps of any kind
 - 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 sit out and harbor bacteria.
- We recommend using per-packaged sterile gauze pads.
- Avoid sleeping directly onto 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 lay down there is no pressure put onto your ear.
- Make sure to come in for your downsizing appointment. Problems can arise when jewelry is not fit properly.
 - Keep up with cleanliness and hygiene. Take showers daily and 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 areas your piercing is located. If you must get something done, make sure you remind your stylist so she can avoid snagging or getting product onto your piercing.
- Loofahs snag very easily. Be mindful!
- Do not touch or let others touch your piercing!

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