

# TATTOO AFTERCARE

“Note: In the event of severe or progressive redness at the site of your procedure, especially if accompanied by fever or unusual fatigue, you should immediately contact your personal physician or go to an urgent care provider. These can be signs of serious infection.”

Keep your new tattoo bandaged for approximately two (2) hours. Then carefully remove bandage and wash entire area with mild soap and cool water. Dry the area, and re-apply an antibiotic ointment such as Neosporin, Polysporin, etc. Use only a very thin coating and continue to re-apply it two-four (2-4) times daily for at least three (3) days.

**Do not re-bandage the tattoo, as it could stick to the bandage and damage can occur!**

Avoid sunburn, salt or chlorine water, or hot tubs until your tattoo is completely healed.

In the event mild scabbing occurs, **DO NOT** pick at or attempt to “wash off” the scab. Allow it to do so by itself. You may apply a mild skin lotion like Keri-Lotion or Dermassage to keep “flaking” to a minimum.

**NOTE:** In the first weeks, your new tattoo may not look as “crisp” as it was when first applied; the colors may not look as strong, or it may have an overall “hazy” look to it. Don’t be alarmed. It is a normal course of healing and will clear up in a few short weeks.

Enjoy you new work of skin art!!  
If you have doubts or questions, by all means call me!

# COSMETIC TATTOO AFTERCARE

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The life of your tattoo is dependent upon the care it receives in the first few days. Wash the tattoo with soap and water to remove all ointment and fluids. Wash gently several times the first day and morning and evening thereafter. Rinse thoroughly and pat dry with a soft clean towel.

**DO NOT APPLY VASELINE OR PETROLEUM JELLY!**  
**DO NOT APPLY ALCOHOL OR PEROXIDE!**  
**DO NOT RUB OR SCRATCH TATTOO!**

With clean hands or a Q-tip, apply a light coat of A&D Ointment or any good moisturizer after each cleansing. Rub well into tattoo without applying a thick layer. If a rash occurs or redness persists, discontinue use and call for alternatives.

**DO NOT LET TATTOO DRY OUT!**  
**DO NOT PICK THE TATTOO!**  
**DO NOT EXPOSE TO DIRECT SUNLIGHT OR TANNING LIGHTS FOR 2 WEEKS!**  
**DO NOT SWIM, SAUNA, STEAM, OR TUB BATHE UNTIL PEELING HAS STOPPED!**

After the skin has fallen off there will be a period of adjustment for the new skin. Continue to apply moisturizer. The tattoo is your responsibility after you leave the studio. Please call the studio if you have any questions or to schedule a touch-up or color adjustment.

# PIERCING AFTERCARE

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## GENERAL AFTERCARE

Healing time for all piercing varies from person to person, and from piercing to piercing. People think that after a few days or weeks they can remove the jewelry without any problem or reinsertion. Wrong! There will be problems. Even though your piercing appears to be healed, it does take time for it to “toughen up”. We advise leaving something in the piercing for at least the first six (6) months, a year is better. If your jewelry must come out for medical reasons, call your Piercer. This is a problem that can be easily solved.

## YOUR PIERCING HAS BEEN DONE APPROPRIATELY

Now it is up to you! The rate of infection is minimal if the aftercare is followed closely. We have found that most problems/infections occur when:

- Handling the piercing without washing your hands.
- Being too rough with the piercing – too soon.
- Oral contact with the piercing – your body fluids or someone else’s.
- Over cleaning, using too many or inappropriate cleaning agents.
- Swimming in rivers and lakes is not suggested due to the bacterial content which could cause infection.
- Hot tubs are a breeding ground for infection. Do not enter a hot tub for at least three (3) months without the use of a waterproof barrier such as Tegaderm or Dou-derm.

## HOW WILL I KNOW IF THERE IS AN INFECTION?

Slight redness in the first few days is normal. The secretion of small amounts of white/slightly yellow discharge for up to three (3) months is also normal. This is your body expelling dead cells. If you have an infection, you will notice the following symptoms:

- Redness.
- Swelling or hardness.

Pain or a sensation of heat in the area of the piercing.  
Thick, dark yellow, or green discharge.

### **WHAT SHOULD I DO IF THERE IS AN INFECTION?**

Never take out the jewelry to end an infection. This will only make matters worse because you have just shut off the only passageway for the matter to escape. Call your Piercer or physician immediately.

### **HOW WILL I KNOW IF MY PIERCING IS REJECTING?**

Remember, all piercings can reject. Some do have a higher incidence than others. No pain is associated with rejection. The signs to watch for are:

Enlargement of the opening of the piercing, along with some redness.

Discharge of clear fluid.

Itching and a rash. This can be caused by the cleaning agents you are using. Before panicking, change the cleaning agent and see if there is a improvement.

### **WHAT DO I DO IT MY PIERCING IS REJECTING?**

Not all bodies will accept the piercing you have selected. There are things that can be done, such as trying a different type of metal for the jewelry. There are many other things that can be done to help save the piercing. Should your piercing begin to reject, call your Piercer.

### **HOW CAN I HELP MY PIERCING HEAL?**

Eat a nutritious diet. The body needs protein to heal itself. We suggest that you take a multi-vitamin every day.

A zinc supplement (150mg for men, 75mg for women) taken once daily with food for the first seven (7) days after the piercing can help the process. Do not take for more than seven (7) days without consulting a physician.

Follow the “Aftercare Information” provided to you.

Never use Betadine surgical scrub, isopropyl, hydrogen peroxide, or products such as pHisodern on your piercing -- they slow down the healing process.

**SEA SALT IS A NATURAL ASTRINGENT**

Soaking a piercing in a sea salt solution can speed healing. Dissolve 1/8 teaspoon of sea salt in eight ounces of warm water in a clean glass, or make a compress with the solution on clean gauze pads or a clean towel. Place the glass or compress on the piercing and let the area soak for ten (10) minutes once per day. Used too frequently, sea salt can dry out the tissue surrounding a piercing.

**IF YOU HAVE ANY PROBLEMS...**

Please feel free to contact your Piercer by telephone. They are not physicians, and any suggestions they make are based upon their experience and that of other professionals in the piercing industry. If these suggestions do not produce rapid improvements in your symptoms, please call your physician!

**IF I AM HAVING TROUBLE WITH THE CLEANING SOLUTION I AM USING,  
WHAT ARE THE ALTERNATIVES?**

Provon Medicated Lotion Soap.  
Almay Antibacterial Soap.  
Soft Soap Antibacterial Soap.

**REMEMBER...**

If there are any questions, concerns, or problems regarding your piercing, please contact your Piercer!

# AFTERCARE FOR YOUR NAVEL PIERCING

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## HEALING TIME

Healing time is six (6) months to one (1) year, with the appropriate aftercare. This is one of the most difficult piercings to heal. It easily becomes irritated and infected if appropriate care is not given. If there is a ring in your navel piercing, we do not suggest wearing tight-waisted clothing or doing excessive abdominal exercises during the healing period. These actions may cause the piercing to migrate to the surface, increasing your chances of rejection or infection. If there is an L-bar in your navel piercing, exercise is less irritating to the pierce and will not impair healing.

## CLEANING

Thoroughly clean your new piercing once daily. Use an antibacterial soap such as Provon. Do not use any products other than what is suggested. Excessive cleaning can cause you problems.

**Wash your hands!** Remember to never touch your new piercing without washing your hands. Using warm water and a cotton swab, remove any matter that may have dried on the jewelry and around the openings of the piercing.

Next, pour the cleansing agent on the jewelry and piercing, lather it up, then work the jewelry back and forth at least six (6) times. Leave the cleaning agent in contact with the piercing approximately three (3) minutes. Finally rinse the agent off very thoroughly under running water, again working the jewelry back and forth at least six (6) times. Any cleaning agent left on the skin or in the piercing can cause you problems.

Every night, take two (2) Q-tips and remove any crusty matter (that matter can trap bacteria). Use a sea salt solution and soak it for ten (10) minutes.

# AFTERCARE FOR YOUR NOSTRIL, EYEBROW, EAR LOBE, EAR CARTILAGE, OR SEPTUM PIERCING

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## HEALING TIME

Nostril and eyebrow, approximately two-three (2-3) months; ear lobe, approximately four-eight (4-8) weeks; ear cartilage (including tragus); approximately three (3) months to one (1) year.

## CLEANING

Thoroughly clean your new piercing once daily. Use an antibacterial soap such as Provon. Do not use any products other than what is suggested. Excessive cleaning can cause you problems.

**Wash your hands!** Remember to never touch your new piercing without washing your hands. Using warm water and a cotton swab, remove any matter that may have dried on the jewelry and around the openings of the piercing.

Next, pour the cleansing agent on the jewelry and piercing, lather it up, then work the jewelry back and forth at least six (6) times. Leave the cleaning agent in contact with the piercing approximately three (3) minutes. Finally rinse the agent off very thoroughly under running water, again working the jewelry back and forth at least six (6) times. Any cleaning agent left on the skin or in the piercing can cause you problems.

Sensitive Ears is best used six-eight (6-8) weeks into the healing process. When using Sensitive Ears, squirt a little solution into the sink to clean out the nozzle, then apply to a clean cotton swab to clean your piercing. Use a new cotton swab for each side of the hole (entrance and exit). Solution should only be used for four-six (4-6) weeks and then the bottle should be discarded.

### **SPECIAL NOTE ON EAR PIERCINGS**

Avoid placing telephone receivers against your piercing during the healing period, as they harbor germs/bacteria of all those who use them. Avoid getting hair care products on your new piercing. Stereo headphones can also be a source of irritation.

### **SPECIAL NOTE ON EYEBROW PIERCINGS**

Be careful when pulling clothing over your head. Use caution when combing/brushing your hair, so as not to snag the jewelry. Shield the piercing from hair spray and other hair care products, and keep makeup out of the piercing.

### **SPECIAL NOTE ON NOSTRIL PIERCINGS**

It is important to keep makeup out of the piercing as it increases the chances of infections. If signs of infection are present, contact your physician immediately! An infection in this particular piercing can lead to more serious problems. Do not remove jewelry during the healing period, as you may not be able to get it back in.

### **SPECIAL NOTE ON CARTILAGE PIERCING**

At times, cartilage and nostril piercings can form a small lump beside or near your piercing. If this happens, contact your Piercer.

### **SPECIAL NOTE ON SEPTUM PIERCINGS**

If signs of infection are present, you need to contact your physician immediately. An infection in this particular piercing can lead to more serious problems.

# AFTERCARE FOR YOUR TONGUE PIERCING

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## HEALING TIME

Usually between six-eight (6-8) weeks. The jewelry cannot be removed for at least six (6) months, a year is better. Even though the piercing may be healed before then, it takes some time for it to “toughen up”.

## CLEANING

At least four-six (4-6) time a day you will want to rinse your mouth with Listerine antiseptic or a sea salt solution for 30-60 seconds. Listerine needs to be diluted 50:50 with distilled water. A sea salt rinse is 1/8 teaspoon of sea salt dissolved in 8 ounces of warm water. Continue the rinses for six-eight (6-8) weeks.

Gently brush your tongue in the morning and at night after brushing your teeth.

## TO PREVENT INFECTION

**Wash your hands** before touching the piercing.

Do not have any oral contact for at least four (4) weeks. This includes “wet kissing” and “oral sex” without a barrier.

Do not play with your new piercing outside of your mouth. Scraping the bottom of your piercing can cause scar tissue.

## THE PIERCING WILL PROBABLY BE SWOLLEN FOR THE FIRST FEW DAYS

To minimize the amount of swelling you can use ice. Simply place it in your mouth and let it melt.

Reducing the amount of talking you do will help to reduce the swelling. Cut down on your intake of warm beverages, spicy foods, tobacco, and alcohol for the first week. Eat only soft foods for the first week, or as long as your tongue is swollen. Avoid drinking through straws while our piercing is healing.

**WHILE YOUR PIERCING IS HEALING YOU SHOULD NOT PLAY WITH IT!**

This includes clicking it against your teeth, rolling it along your lips, etc. This excess abuse increases irritation and can result in your piercing tearing. It is best to simply open your mouth to show others your jewelry (rather than sticking out your tongue) until you get used to manipulating your jewelry. You may develop a white ring of tissue around the bottom of your piercing. This is normal. A whitish discharge should cause you no alarm. If the discharge is yellow or green in color, call us or come in and see us immediately.

**IF A BARBELL STUD HAS BEEN USED**

Remember to check the balls to make sure they are not coming loose. Once the swelling has decreased (approximately two-three (2-3) weeks) you can down-size the length of the stud.

**IF YOU SEE ANY SIGN OF INFECTION**

If any signs of infection are present you need to contact your physician immediately! An infection in this particular piercing can lead to more serious problems.

# AFTERCARE FOR YOUR LABRET OR LIP PIERCING

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## HEALTH TIME

Approximately two-six (2-6) months.

## CLEANING THE OUTSIDE TISSUE

Thoroughly clean your new piercing once daily. Use an antibacterial soap such as Provon. Do not use any products other than what is suggested. Excessive cleaning can cause you problems.

**Wash your hands!** Remember to never touch your new piercing without washing your hands. Using warm water and a cotton swab, remove any matter that may have dried on the jewelry and around the openings of the piercing.

Next, pour the cleansing agent on the jewelry and piercing, lather it up, then work the jewelry back and forth at least six (6) times. Leave the cleaning agent in contact with the piercing approximately one (1) minute. Finally rinse the agent off very thoroughly under running water, again working the jewelry back and forth at least six (6) times. Any cleaning agent left on the skin or in the piercing can cause you problems.

## CLEANING THE INSIDE TISSUE

At least four-six (4-6) time a day you will want to rinse your mouth with Listerine antiseptic or a sea salt solution for 30-60 seconds. Listerine needs to be dilutes 50:50 with distilled water. A sea salt rinse is 1/8 teaspoon of sea salt dissolved in 8 ounces of warm water. Continue the rinses for six-eight (6-8) weeks.

**THE PIERCING WILL PROBABLY BE SWOLLEN FOR THE FIRST FEW DAYS**

To minimize the amount of swelling you can use ice. Simply place it in your mouth and let it melt. Crushed ice is better to use -- large pieces can increase swelling. Reducing the amount of talking you do will help to reduce the swelling. Cut down on your intake of warm beverages, spicy and acidic foods, tobacco, and alcohol for the first week or as long as your lip is swollen. Avoid drinking carbonated beverages for three-four (3-4) days. They can break the seal that is forming at the piercing site. Avoid drinking through straws while our piercing is healing.

**NO ORAL CONTACT OF ANY KIND**

Do not have any oral contact of any kind for the first six (6) weeks. This includes “wet kissing” and “oral sex” without a barrier. You could end up with a severe infection.

**IF A BARBELL STUD IS USED**

Remember to check the balls to make sure they are not coming loose. Once the swelling has decreased (approximately two-three (2-3) weeks) you can down-size the length of the stud.

## AFTERCARE FOR YOUR NIPPLE PIERCING

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### HEALING TIME

For men, two-three (2-3) months; for women, four-six (4-6) months, with the appropriate aftercare.

### CLEANING

Thoroughly clean your new piercing once daily. Use an antibacterial soap such as Provon. Do not use any products other than what is suggested. Excessive cleaning can cause you problems.

**Wash your hands!** Remember to never touch your new piercing without washing your hands. Using warm water and a cotton swab, remove any matter that may have dried on the jewelry and around the openings of the piercing.

Next, pour the cleansing agent on the jewelry and piercing, lather it up, then work the jewelry back and forth at least six (6) times. Leave the cleaning agent in contact with the piercing approximately three (3) minutes. Finally rinse the agent off very thoroughly under running water, again working the jewelry back and forth at least six (6) times. Any cleaning agent left on the skin or in the piercing can cause you problems.

Every night, take two (2) Q-tips and remove any crusty matter (that matter can trap bacteria). Use a sea salt solution and soak it for ten (10) minutes.

### USUALLY A NIPPLE PIERCING HEALS WITHOUT DIFFICULTY

The problems arise from not following the aftercare. Remember to always **wash your hands** before touching the new piercing. No oral contact with your new piercing for at least three (3) months. Oral contact will almost guarantee an infection that will require a physician's care. The use of gloves for touching, condoms for intercourse, and dental dams or other appropriate barriers for oral sex is highly suggested. Remember, always play it safe. This even applies to monogamous couples.

**YOU SHOULD EXAMINER THE AREA NEAR YOUR PIERCING AND UNDER YOUR ARMPIT FOR ANY SWELLING, LUMPS, OR OTHER ABNORMALITIES**

Should you develop any abnormalities, contact your Piercer as soon as possible.

## AFTERCARE FOR YOUR GENITAL PIERCING

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### HEALING TIME

Depending on the type of piercing you chose and the tissue it is in, a genital piercing can heal as quickly as four (4) weeks or take as long as a year.

### CLEANING

Thoroughly clean your new piercing once daily. Use an antibacterial soap such as Provon. Do not use any products other than what is suggested. Excessive cleaning can cause you problems.

**Wash your hands!** Remember to never touch your new piercing without washing your hands. Using warm water and a cotton swab, remove any matter that may have dried on the jewelry and around the openings of the piercing.

Next, pour the cleansing agent on the jewelry and piercing, lather it up, then work the jewelry back and forth at least six (6) times. Leave the cleaning agent in contact with the piercing approximately one (1) minutes. Finally rinse the agent off very thoroughly under running water, again working the jewelry back and forth at least six (6) times. Any cleaning agent left on the skin or in the piercing can cause you problems. After cleaning, it is advisable to urinate to flush any residue from the urethra.

Every night, take two (2) Q-tips and remove any crusty matter (that matter can trap bacteria). Use a sea salt solution and soak it for ten (10) minutes.

### USUALLY GENITAL PIERCINGS HEAL WITHOUT DIFFICULTY

The problems arise from not following the “Aftercare Instructions” that has been explained to you, or becoming too rough, too soon with the piercing. Remember to always **wash your hands** before touching the new piercing. Make no oral contact with your new piercing without an appropriate barrier

for at least three (3) months. Oral contact will almost guarantee an infection that will require a physician's care. This includes your own saliva and other body fluids along with your partner's. The use of gloves for touching, condoms for intercourse, the appropriate barriers for oral sex are highly suggested.

<b>GENITAL PIERCINGS DO NOT PROHIBIT SEXUAL ACTIVITY</b>
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The piercing will be swollen and tender for the first few days. During the healing period men should wear a condom and women should consider similar protection to minimize the risk of infection. Remember, safe sexual practices should be used by all couples.

**REMEMBER, ALWAYS PLAY SAFE.** This even applies to monogamous couples.

## **FOR ALL PIERCINGS**

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**WE ARE NOT PHYSICIANS.** Any suggestions we make are based upon our experience and on that of other professionals in the piercing industry.

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## **SPECIAL CONSIDERATIONS FOR WOMEN**

### **WARNING**

If you become pregnant within the first year of the healing process, we strongly suggest that you remove your jewelry immediately. Due to the hormonal changes of pregnancy, and the demand on your immune system, you are increasing your risk of rejection or infection. If the piercing is healed and you become pregnant, see your Piercer so that the jewelry can be changed if necessary to properly accommodate you.

### **FEMALES MIGHT ENCOUNTER A LONGER HEALING TIME**

This is due to hormonal changes that are part of the menstrual cycle. Most piercings heal without difficulty. Problems arise from not following appropriate “Aftercare Instructions”, or being too rough with the new piercings. Body fluids, your own or someone else’s, can lead to serious infection. The use of gloves for touching, condoms for intercourse, and dental dams or other appropriate barriers for oral sex are strongly suggested.

### **BREAST FEEDING WITH NIPPLE PIERCINGS**

There should be no problem with breast-feeding once the piercing is well healed (one year or longer). Some women will keep their jewelry in while breast feeding. Please keep in mind that your jewelry is a potential choking hazard for your baby, and therefore a captive bead ring is the most appropriate jewelry at this time. Other women prefer to remove their jewelry during feeding. Remember, there is always the risk that a piercing can close or shrink when the jewelry is removed, even in well-healed piercing. For further information, please consult with both your Piercer and your physician.

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**SPECIAL NOTE FOR INTERNALLY THREADED JEWELRY**

**PLEASE NOTICE**

You have been pierced with internally threaded jewelry. Please realize both balls do unscrew from the shaft. No matter where the pierce is, natural movement will cause friction and the balls can unscrew. It is absolutely necessary that you tighten the balls several times a day **after** you wash you hands: **right is tight – left is loose!!** If you lose a ball, we always have them in stock and they are for sale.