

CARRIBBEAN CONNECTION

Jacksonville Beach, Florida

Aftercare Instructions for
Facial & Body Piercings

For additional information call:

(904) 241-4231

(904) 633-9161

Cleaning Solutions

A mild liquid antibacterial/germicidal soap (such as Dial, Lever 2000 or any other mild, fragrance-free, color-free, liquid antibacterial soap) mixed with warm water is recommended for cleaning your new piercing.

Cleaning Instructions

Body piercings need to be cleaned once or twice daily, everyday for the entire initial healing time. Most people clean morning and/or night in the shower. Do not clean more often as this can irritate the piercing and possibly delay healing. For once-a-day cleaning, do it at the end of your day. Optimal frequency will depend on your skin sensitivity, activity level and environmental factors.

Before Cleaning, wash hands thoroughly with liquid antibacterial soap and warm water. NEVER touch healing piercings with dirty hands. This is vital for avoiding infections.

Prepare the area by rinsing with warm water and be sure to remove any stubborn crust using a cotton swab and warm water. Never pick with fingernails! This step is important for your comfort.

Apply a small handful of cleaning solution to the area with clean hands. Clean the area and jewelry. Gently rotate the jewelry back and forth a few times to work the solution to the inside. (You do not need to rotate your jewelry during the first few cleanings.)

Allow the solution to cleanse for a minute. You may wash normally, just don't purposely work anything other than the cleanser into the inside of the piercing.

Rinse the area under running water, while rotating the jewelry back and forth to completely remove the cleanser from the inside and outside of the piercing.

Gently pat dry with disposable paper products such as gauze or tissue as cloth towels can harbor bacteria.

Please try to be patient. Each body is different and healing times can vary considerably. If your piercing is tender or secreting, you should continue the care regimen, even if it is past the stated average healing time period.

What is normal?

Bleeding, bruising, discoloration and/or swelling are not uncommon. Any break in the skin, including a new piercing, can bleed or bruise. These are not indications of any complication. Reduce intake of aspirin, alcohol and caffeine. For above-the-neck piercing, try to sleep with your head elevated above your heart (prop up on some pillows) to limit overnight swelling.

Some tenderness or discomfort in the area of the new piercing is not unusual. You may feel stinging, burning, aching or other unpleasant sensations off and on for several days or longer. During healing, there may be some itching.

Secretion of a fluid which contains blood plasma, lymph and dead cells is perfectly normal. It is fairly liquid, whitish-yellow in color and forms a crust on the jewelry at the opening of the piercing.

Once healed, your piercing may secrete a semi-solid white malodorous substance from the oil glands, called sebum. This is not pus but indicates a healed piercing.

Piercings may have a tendency to have a series of “ups and downs” during healing by seeming healed and then regressing. Try to be patient and DO keep cleaning during the entire initial healing time, even if the piercing seems healed sooner.

Tightness is normal. Do not expect jewelry to swing freely in most body piercings, even after they are thoroughly healed.

Disclaimer

These guidelines are based on a combination of vast professional experiences, common sense, research and extensive clinical practice. This is not to be considered a substitute for medical advice from a doctor. Be aware, however, that many doctors have no specific training or experience regarding piercing and may not be educated on how to best assist you.

Tips for particular areas:

Navel:

Avoid tight, cinching belts and waistbands and inflexible clothing on the area of the piercing.

A hard, vented eye patch (sold at pharmacies) can be applied under tight clothing (such as nylon stockings) or secured by using a length of ace bandage around the body (to avoid irritation from adhesive). This can protect the area from restrictive clothing, excess irritation and impact during physical activities, such as contact sports.

Ear/Ear Cartilage and Facial:

Shield piercings from hair spray and avoid getting lotion, make-up and other foreign substances in the piercings.

Make sure pillowcases are clean and changed frequently.

Clean your telephone receiver with a disinfectant and avoid contact with public telephones.

Nipple:

It is advisable to sleep in a cotton tank top or t-shirt, especially if you have any pets that get on your bed. Many women find sleeping in a bra or sports bra to be comfortable with a healing nipple piercing.

Genitals:

Sexual activity IS NOT prohibited but it MUST BE hygienic.

Listen to your body! If something feels sore, it means you need to stop or ease up for the time being. Use condoms (without Nonoxynol 9) and dental dams for all sexual contact to prevent sharing of bodily fluids.

This is required even if you are in a monogamous relationship. It is mandatory for your health and safety during the entire minimum initial healing time.

Pleasure Plus condoms have extra room for jewelry.

Use water based lubricants, such as KY Jelly.

What to Do

Wash your hands prior to contact on or near the area of your healing piercing!

Leave the piercing alone except when you are cleaning it. It is not necessary or advisable to rotate the ring while healing, except during cleaning.

Leave the starter jewelry in during the entire minimum initial healing time. Those with captive-style rings can change the bead portion of the jewelry at any time.

If you like your piercing, leave your jewelry in at all times. Even old, well-healed piercings can shrink or close in minutes after having been there for years. This varies from person to person and even if your earlobe piercings stay open without jewelry, your body piercings may not! Contact me if your jewelry must be temporarily removed (such as for a medical procedure). Monofilament nylon or another inert, non-metallic substance may be able to be inserted to maintain the piercing until jewelry can be reinserted.

Make sure your bedding is clean and changed frequently while you are healing, especially if pets get in your bed.

Wear clean, comfortable, breathable fabric clothing in the area of your body piercing.

A multi-vitamin supplement containing zinc and vitamin C may help boost your body's healing abilities. Take it with your morning meal according to package instructions.

Get enough sleep, eat a nutritious diet, and avoid undue stress, recreational drugs and alcohol consumption. The healthier your lifestyle, the easier it will be for your piercing to heal.

Showering is safer than taking a bath, as bath tubs tend to harbor bacteria. To bathe safely, clean your tub with a bleach product before each bath and rinse the tub before you fill it. Also, be sure to rinse your piercing with running water when you are done in the tub.

If you apply an ointment, such as Bacitracin, Neosporin or any triple antibiotic to your piercing, use very little. After cleaning your piercing, apply the ointment to the

jewelry, turn the jewelry to get the ointment inside then clean the excess ointment away so that the sticky residue doesn't clog the piercing. Your piercing still needs to breathe. Also, the sticky residue can attract dirt and debris.

In the event that the piercing drains a thick pus discharge instead of the normal liquid secretion, you can apply an antiseptic called Bactine or you may wish to see a physician for evaluation and possible antibiotic treatment. If you do have an infection, the jewelry should be left in the piercing to allow for drainage of pus. If the jewelry is removed, the holes can close up, resulting in abscess. **LEAVE YOUR JEWELRY IN!**

What NOT to Do

Don't use alcohol or peroxide as they are overly strong and drying which can prolong healing.

Don't over clean. Cleaning more than once or twice a day is NOT better. This can delay the healing process and irritate your piercing.

Avoid oral contact, rough play and contact with other's bodily fluids on or near your piercing during healing.

Don't use band-aids or bandages on a healing piercing. They limit air circulation and the adhesives can irritate the surrounding area.

It is advisable to avoid sleeping on your piercing during your healing.

Don't hang charms or any other objects from your jewelry until your piercing is fully healed.

Avoid submerging your piercings in water, such as pools, lakes, Jacuzzis, etc. Unless you feel confident that the water is clean enough for you and your open wound (which is what your piercing is while it is healing). Most bodies of water harbor lots of amounts of bacteria. If there is sea life, motor oil or children in the water, it is not clean enough!

Avoid sun tanning of any kind (beds and beaches). It will heat your jewelry hotter and quicker than your body temperature and that will cause irritation in a fresh piercing.