

Facial/Body Aftercare

Healing time for the following piercing(s):

Please keep in mind everyone heals differently. The amount of time your piercing(s) takes to heal may differ from others. No two people heal the same. These are suggestive times.

Ear Lobe(s) Ear/Helix(s) Nostril Septum

6wks-8wks 6mo-1yr 6mo-1yr 6-8wks

Eyebrow Navel Nipple(s) Surface/Anchor

6-8wks 6mo-1yr 6mo-1yr 1yr or Longer

Male Genital(s)

6mo-1yr

Female Genital(s)

6mo-1yr

What to "AVOID" during the healing process of your piercing(s):

- **NO** rubbing alcohol, peroxide, Neosporin, Bactine, or ear care solution. **"!!!!EVER!!!!"**
- **NO** hot tubs, Jacuzzis, lakes, oceans, swimming pools, bathtubs, or any standing pools of water. This also includes the use of tanning beds, and spray tanner. **(FOR AT LEAST 31 DAYS)**
- **NO** pets on the bed for 31 days.
- **NO** bodily fluids on the area of the piercing(s) as well.
- That means **NO** one is allowed to touch your piercing(s), but you; and the only time you are allowed to touch it is with clean hands while cleaning your piercing(s).

What is "NORMAL" during the healing process of your piercing(s)?:

- Redness, soreness, bruising, and swelling is **NORMAL**. You may use a non-steroidal anti-inflammatory such as Ibuprofen (Advil, Motrin, etc...) to help minimize swelling and reduce discomfort.
- There may be a yellowish-white discharge from the entrance and exit point of the piercing(s). This what we call the crusties (A by-product of skin cell development. This is **NORMAL**. **DO NOT PICK AT IT!!** It will come off when you clean your piercing(s).
- Keep tight clothing off your piercing(s) for 31 days. It will slow your healing process.
- Change all bedding every 5 to 7 days, for the first 31 days of your piercing(s). You do not want that bacteria to get into your piercing(s), and cause problems.
- Do not sleep, lean, or put pressure on your piercing(s) for 31 days, or as much as possible.



How to clean your piercing(s):

- **Water** (from a running tap, or in the shower)

- **Soap** (liquid antimicrobial or antibacterial (color free, fragrance free) soap)
- **Your Hands** (**NO** cotton balls, Q-tips, gauze pad, wash cloths, or sponges)
 - Thoroughly wash your hands with your soap (if you are showing do all your shower washing first), before touching your piercing. Do not be concerned if your wash/shampoo runs into your piercing(s). You are cleaning your piercing after your shower.
 - Pour a small amount of your soap (liquid antimicrobial or antibacterial) into your hands, and make into a lather.
 - Place lathered soap around the piercing(s), the entrance and exit points. **Please** do not force it to move.
 - Rinse the area thoroughly under running water to remove all soap and residue, then pat dry with a clean paper towel. Avoid hand towels, and bath towels. They can harbor bacteria.
 - You will need to clean your piercing(s) twice a day for the next 31 days to optimize healing results. After 31 days you can start to cut down how often you clean your piercing(s).
 - Also if you are cleaning your piercing(s) in the sink, you must pull water from the faucets head, not from the sinks basin.

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Other things to help your piercing(s) to heal:

- Sea Salt Soaks

Take 1/4 teaspoon of uniodized sea salt, with distilled water. Mix items into shot glass, or relish cups. Place the cup in the microwave for 10 to 20 seconds, or until warm to the touch (not boiling hot). Place cup up-side down, or place cup on piercing(s); and soak for 5-10 minutes. Remove cup, and let piercing(s) air-dry. You will only need to do this once a day if need be.

- H2Ocean Aftercare Spray

Follow directions as indicated on the side of the can for best results.

Some Extra Tips for Particular Area:

- **Navel piercing(s):** Avoid tight, cinching belts, waistbands, and inflexible clothing on the area during healing. When getting up from a table, push away first, before standing. Also try not to sleep on your stomach.
- **Ear/Helix/Cartilage, and Facial piercing(s):** Avoid getting lotion, makeup, and other foreign substances on your piercing(s). Avoid contact with your piercing(s) with phones, headsets, and earbuds. Clean them first, use the other side, or not at all.

- **Nipple(s) piercing:** It is advisable to sleep in a tank top, t-shirt, or for ladies a sport bra. Mothers with newborns will still be able to breastfeed without any problem after the piercing(s) are healed.
- **Genital piercing(s):** Sexual activity is not prohibited, but must be gentle, and hygienic. **"LISTEN"** to your body! If it feels good, ok, if it hurts, stop. You may need to ease up, or stop for a time. Use condoms and dental dams for all sexual contact during healing to prevent sharing 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. Avoid condoms and lubricants containing Nonoxynol 9, as it is very strong, and can irritate healing piercing. Use water-based lubricants like water base KY jelly.
- **General Information:** Always be patient with your new piercing(s). No two piercing(s) heal the same.

Disclaimer

These guidelines are based on a combination of past professional experience, common sense, research, and extensive clinical practice. This is not to be considered a substitute for medical

advice from a doctor. Beware, however, that many doctors and dentists have no specific training, or experience regarding healing patterns of body piercings and may not be educated on how best to assist you. For a happy and healthy piercing please keep in mind you need to be healthy as well. Proper diet, staying hydrated and getting enough rest will actually help aid the healing process. Also please **DO NOT** remove piercing until told to, or unless you have seen your piercer.

If you have any other questions please contact us, or you may also contact
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www.wakegov.com

Thank You, from all of us a Conspiracy Ink
Tattoo & Piercing.

Piercers Name: _____

Jewelry Info: _____

Check Up/ Notes for the Client: _____