

ATOMIC TATTOO & Piercing

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atomicattooandpiercing

PIERCING AFTERCARE

PIERCING AFTERCARE WHAT CLEANING SOLUTIONS SHOULD I USE?

Use one of the following solutions for healing piercings:

- NeilMed Saline Wound Wash (available at the shop)
- Pre-packaged sterile saline solution with no additives (make sure you read the label)

CLEANING INSTRUCTIONS

- Wash your hands thoroughly prior to touching your piercing for any reason.
- Your piercing should be soaked daily under fresh running warm water for 3-5 minutes, ideally at the end of a shower. This is the best way to gently remove any discharge from the area. It is also very beneficial to improve circulation to the piercing and help with drainage.
- After soaking, spray the area with NeilMed spray, or sterile saline and allow to air dry. The piercing should be cleaned no more than twice a day, but typically once per day is sufficient.
- Avoid using cotton swabs on the piercing as the fibres can gather on the area and the movement can irritate the piercing.

THE HEALING PROCESS

- Initially some bleeding and localized swelling, tenderness and bruising are normal. During healing some discolouration, itching and secretion of a whitish-yellow fluid (this is not pus) will form and crust on the jewelry. This should only be removed when the piercing is being cleaned. The tissue may tighten around the jewelry as it heals.
- Once the piercing is healed, the jewelry may not move freely in the piercing. **DO NOT FORCE IT!** If you fail to include cleaning your piercing as part of your daily hygiene routine, normal but smelly bodily secretions may accumulate.
- A piercing may seem healed before the healing process is complete. This is because your body heals from the outside in, and although it feels fine, the tissue remains fragile on the inside. Be patient, and keep cleaning throughout the entire healing period.

PIERCING AFTERCARE

Even healed piercings can shrink or close in minutes after having been there for years! This varies from person to person so if you really like your piercing, keep the jewelry in! Do not leave it empty!

WHAT TO DO

- Wash your hands prior to touching the piercing; leave it alone except when cleaning.
- During the healing, it is **NOT** necessary to rotate or move your jewelry.
- Stay healthy; the healthier your lifestyle, the easier it will be for your piercing to heal. Get enough sleep and eat a nutritious diet.
- Exercise during healing is fine, but it is best to avoid direct contact with shared gym equipment and make sure you listen to your body!
- Keep your bedding clean, and changed regularly. Wear clean, comfortable, breathable clothing that protects your piercing while it's healing!
- Showers tend to be safer than taking baths, as bathtubs can harbour bacteria. If you bathe in a tub, clean it well before each use and rinse your piercing off when you get out!

WHAT NOT TO DO

- Avoid cleaning with Betadine, Hibiclens, Alcohol, Hydrogen Peroxide, Dial or other harsh soaps as they can damage the cells around your piercing. Also avoid ointments as they prevent necessary air circulation.
- Bactine, pierced ear care solution and other products containing Benzalkonium Chloride (BZK) and Benzelthonium Chloride (BZT). These can be irritating and are not intended for long term wound care.
- Avoid over-cleaning your piercing! This can delay your healing and irritate the area, as well as undue trauma such as friction from clothing, excessive motion of the area, playing with the jewelry and vigorous cleaning. These activities can cause the formation of unsightly and uncomfortable scar tissue, migration, prolonged healing and other complications.
- Avoid all oral contact, rough play and contact with others' bodily fluids on or near your piercing during the healing period.
- Avoid stress and recreational drug use, including excessive caffeine, nicotine and alcohol.
- Do not submerge your piercing in any unhygienic body of water such as baths, pools, lakes and hot tubs. If you do, please make sure you protect your piercing using a water-proof wound sealant bandage (such as Tagaderm). These are available at most pharmacies.
- All beauty and personal care products should not be used on or around the piercing -- this includes cosmetics, lotions and sprays.
- Do not hang charms or any object from your piercing until it is fully healed.

FOR PARTICULAR AREAS

-Ear/Cartilage/Facial - Maintain cleanliness of telephones, eyeglasses, sunglasses, and anything that makes contact with the pierced area. Avoid anything that may put pressure on the piercing for the duration of the healing, such as sleeping, headphones, towels, hats, etc

- After the initial swelling has subsided, it will be important to downsize the length of the post to minimize movement, and limit irritation in the area as the piercing heals.

Nipples - The support of a tight cotton shirt or sports bra may provide protection and comfort, especially for sleeping.

Genital - Genital piercings can bleed freely for the first few days. Be prepared.

- It may also be beneficial to drink plenty of water to dilute urine and prevent stinging with these piercings.

- In most cases, you can engage in sexual activity as soon as you feel ready, but maintaining hygiene and avoiding trauma are all vital.

- All sexual activities should be gentle during the healing period. To increase comfort and decrease trauma, soak in warm water to remove any crusty matter prior to sexual activity.

- Use barriers such as condoms, dental dams, and waterproof bandages to avoid all contact with your partner's bodily fluids, even in monogamous relationships.

- Use clean, disposable barriers on sex toys. Use a new container of water-based lubricant; do not use saliva.

- After sex, a clean water rinse is suggested.



AFTERCARE