ATOMIC TATTOO & Piercing
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GENERAL PIERCING AFTERCARE

These instructions apply to most body piercings. For tongue, lip and other oral piercings, see Page 2 for additional care instructions.

RECOMMENDED CLEANING SOLUTIONS

Use NeilMed Piercing Aftercare Wound Wash- Fine Mist (available at the studio), or packaged sterile saline with no additives. Always read the label.

CLEANING INSTRUCTIONS

Wash your hands thoroughly before touching your piercing. Rinse under fresh, warm running water for 3–5 minutes; this is the best way to assist in gently removing any discharge from the area. After rinsing, spray with sterile saline. Once the aftercare has penetrated, gently dry the area. The piercing should not be left with prolonged moisture. Clean once daily, or up to twice if needed; avoid over-cleaning. Avoid excessive use of cotton swabs. They should only be used following a rinse to the piercing; wet the cotton swab before use to minimize irritation and loose fibres.

WHAT IS NORMAL

Initially, mild bleeding, localized swelling, tenderness or bruising may occur. During healing, itching, discolouration and whitish-yellow fluid that dries into crust can be normal; gently remove crust only while cleaning. Piercings heal from the outside in, so they can feel healed while the inside remains fragile. Do not force jewelry to move.

WHAT TO DO

Leave your piercing alone except for cleaning; do not rotate the jewelry. Keep bedding clean and wear breathable clothing. Sleep well, eat nutritious food and avoid direct contact with shared gym equipment.

WHAT TO AVOID

Avoid Betadine, Hibiclens, alcohol, hydrogen peroxide, Dial and other harsh soaps; ointments; Bactine; and ear-care products containing benzalkonium chloride (BZK) or benzethonium chloride (BZT). As a general rule for aftercare: “If you wouldn’t put it into your eye, avoid putting it on your piercing.” Avoid cosmetics, lotions and sprays near the piercing. Avoid excessive cleaning, friction, rough play, oral contact and contact with others’ bodily fluids. Do not install jewelry that will provide additional movement until the piercing is fully healed. Limit excess caffeine, nicotine, alcohol and recreational drugs. Avoid submerging in pools, hot tubs, lakes or other potentially contaminated water; ask your piercer about appropriate waterproof protection if unavoidable.

JEWELRY CARE & DOWNSIZING

Keep the original jewelry in place unless a qualified piercer recommends a change. Once swelling subsides, it may be necessary to downsize the size or length of the jewelry to minimize movement and irritation as the piercing heals. Ask your piercer when to return. With clean hands, periodically check threaded ends for tightness. Even healed piercings may close quickly if left empty. Ask your piercer about non-metallic alternatives for medical procedures. If retiring a piercing, continue cleaning until closed.

FOR PARTICULAR AREAS

Ears, cartilage and face: Keep phones, glasses and hair accessories clean; avoid pressure from sleeping, headphones, hats and towels. Nipples: A fitted cotton shirt or sports bra may improve comfort. Genitals: Keep the area clean; be gentle during sexual activity and avoid trauma. Use barriers to avoid contact with bodily fluids, including on toys; use fresh water-based lubricant, not saliva, and rinse with clean water afterward.

WHEN TO SEEK MEDICAL ATTENTION

Seek medical care for worsening pain, spreading redness, marked swelling, fever or thick, foul-smelling discharge. If infection is suspected, do not remove jewelry unless a healthcare professional advises it; removal may close the channel and trap infection.

Questions or concerns? Contact our piercers: (780) 482-2662 | info@atomictattoo.ca

AFTERCARE

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ORAL PIERCING AFTERCARE

These instructions are for oral piercings, including tongue and lip piercings. Follow the inside-mouth instructions below, and clean any external opening as directed.

CLEANING SOLUTIONS

For inside the mouth: use packaged sterile saline with no additives, or mix 1 teaspoon of non-iodized sea salt into 1 litre of bottled water. Measure carefully: stronger is not better and may irritate tissue. If you have high blood pressure or a heart condition, ask your doctor before regularly using saline rinses. Use only cleaning products recommended by your piercer; avoid conventional mouthwash.

INSIDE THE MOUTH

Rinse for 30–60 seconds after meals, about 3–5 times daily throughout healing. Do not over-clean, as this can cause irritation or tongue discolouration. Brush teeth twice daily using a clean, soft-bristled toothbrush, floss daily, and gently clean your tongue and jewelry to prevent plaque.

OUTSIDE THE MOUTH

Wash hands before touching or cleaning. Let warm running water rinse the outside of the piercing for 1–2 minutes to loosen debris. Gently pat dry with a clean, disposable tissue or paper towel.

WHAT IS NORMAL

During the first 3–5 days, swelling, mild bleeding, bruising and tenderness may occur. Some swelling and whitish-yellow secretion can persist for 1–2 weeks. Healing happens from the outside inward, so keep caring for the piercing even if it looks healed.

SWELLING & EATING

Drink cold water and sleep with your head elevated for the first few nights. Cold foods and drinks may soothe swelling. Avoid salty, spicy, acidic and very hot foods or drinks for the first several days. Get adequate sleep and nutrition.

WHAT TO AVOID

Do not play with jewelry or click it against teeth: this can permanently damage teeth and gums. Avoid excessive talking, chewing gum, biting nails or objects, sharing cups or utensils, and oral sexual contact (including open-mouth kissing) while healing. Minimize smoking/vaping; avoid alcohol, excess caffeine, recreational drugs and unnecessary trauma. Avoid submerging in lakes, rivers or pools. Ask a clinician before changing any prescribed medication; do not stop aspirin prescribed by your doctor.

JEWELRY CARE & DOWNSIZING

If your piercing requires downsizing, you will receive an SMS notification from us when it is time to downsize your bar. Have this done by a qualified piercer. With clean hands, periodically check threaded ends. Piercings can shrink or close quickly if jewelry is removed. Ask your piercer about non-metallic alternatives if jewelry must be removed for a medical procedure. If retiring the piercing, continue cleaning until closed.

WHEN TO SEEK MEDICAL ATTENTION

Seek medical care for worsening pain, spreading redness, fever, pus-like discharge or increasing swelling. Significant tongue or mouth swelling, trouble swallowing or breathing requires urgent medical attention. Do not remove jewelry when infection is suspected unless a healthcare professional directs you to.

AFTERCARE