

Do not expose your piercing to cosmetics such as make-up, hair styling products, lotion, etc... Cosmetics contain many different ingredients and can cause intense irritation to a new piercing. If you need a moisturizer, choose one that does not contain petroleum products or animal products. Look for the term "vegan" on the label.

Try not to sleep on your new piercing. Sleeping on your new piercing causes irritation and may prolong the healing process. Oral: Also, try to prop your head above your heart when sleeping. This is a common way to prevent excessive swelling.

Avoid going into a pool, hot tub, lake, etc... for 1 month. These types of water can be very dirty, and may induce infection. Use a "Cover It!" kit to keep your healing piercing clean and dry if you do decide to go in the water.

Wash your sheets, blandets, and pillowcases regularly throughout the healing process.

Disinfect cell phones and ear buds regularly if you have a healing cartilage piercing.

Do take care of yourself throughout the entire healing process. Get plenty of rest, drink lots of water, and do your aftercare!

Notes:

Approximate Healing Times*

Cartilage: 1 year or more

Earlobe 6 - 8 weeks

Eyebrow: 6 - 8 weeks

Genitals 4 weeks to 6 months or more

Labret: 6 - 8 weeks

Lip: 6 - 8 weeks

Navel 6 months to 1 year or longer

Nipple: 2 - 6 months

Nostril: 2 months to 1 year

Septum: 6 - 8 weeks or longer

Tongue: 4 - 6 weeks or longer

**Please keep in mind that these approximate healing times are only estimates. The unique healing power of each body, and whether or not you do your aftercare, may shorten or lengthen any healing process.*

If you think your piercing may be infected, contact a medical professional immediately. Signs of infection may include one or all of the following: drainage, your piercing feels hot, your piercing hurts worse than when you got it pierced, you may be running a fever.

Remember not to change your jewelry until your piercing is healed. If you have questions, check with your piercer. If you think you have an infection, see a doctor.



*Healing and Aftercare Guidelines
for your new Piercing*

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Remember: A piercing is a wound. Consequently, you should expect tenderness, swelling, discoloration, and possibly bruising, bleeding, and itching. Also, a natural part of the process for healing any wound includes the secretion of a white-yellow fluid containing dead cells and blood plasma. This fluid will dry and form a crust on your jewelry. To properly remove this crust, refer to the "Taking Care of Your Non-Oral Piercing" section for healing your piercing.

Taking Care of Your Oral Piercing...

Rinses

The best way to care for your oral piercing is to rinse your mouth for 30 - 60 seconds with a medical grade oral rinse after you brush your teeth in the morning, and after you brush your teeth at night. Just a capful of mouthwash is all you need. Do not use ordinary mouthwash, because most brands contain alcohol or other antiseptics that produce a burning feeling. These ingredients can irritate your new piercing and hinder the healing process. We use and recommend Swish It! mouth rinse. Swish It! is specially formulated to heal oral wounds. Be careful not to over clean your new piercing as this will also slow the healing process.

Sea Salt Rinse

For the first 3 - 6 weeks, you should do a sea salt rinse after eating, after smoking, or after drinking anything but bottled water.

First: fill a fresh disposable cup with one cup of warm water, and add 1/4 teaspoon of non-iodized sea salt, stirring until the salt is completely dissolved.

Second: rinse your mouth for about 15 seconds with the salt solution.

The salt rinses will soothe your new piercing. The rinses feel really good, and also help calm the itching part of the healing phase.

Ice

Shaved ice and cold liquids can help reduce swelling in oral piercings. Enjoying popcicles and ice cream are also good ways to reduce swelling, but be sure to do a sea salt rinse following your snack. Remember: do a sea salt rinse after you eat or drink anything other than plain bottled water.

Brushing Your Teeth

It is important to brush your teeth three times daily

while your piercing is healing. Brushing your teeth will cut down on the amount of bacteria and food particles in your mouth. It is suggested that you purchase a new toothbrush to use during the initial healing period. Make sure to use a toothpaste that DOES NOT contain whiteners. Also, plaque (a white, crusty shell) will begin to build up on your tongue jewelry if you do not gently brush the ends and post. You should brush your jewelry daily if you want to prevent plaque buildup.

Additional Tips for Oral Piercings...

Try to eat very slowly. Place only small portions of food in your mouth at one time. At first, eating may seem awkward, but this is mainly due to swelling.

Don't use tobacco products or chewing gum, and don't bite your nails. **NEVER** play with your jewelry, or touch your new piercing with unwashed hands. In other words, the less you move your jewelry, and the fewer things you put in your mouth, the quicker your piercing will heal. Even after your piercing is healed, be wary of causing excessive friction between your jewelry and your gums and teeth.

Taking Care of Your Non-Oral Piercing...

Sea Salt Soaks

First: fill a fresh disposable cup with one cup of warm water, and add 1/4 teaspoon of non-iodized sea salt, stirring until the salt is completely dissolved.

Second: Place the cup over the piercing and form a vacuum seal, or dip the piercing into the cup. (Example: a navel piercing requires a vacuum, while an ear lobe piercing can be held in the sea salt solution.)

Soak your piercing for a minimum of 3 - 5 minutes, twice each day.

Clear Glycerin Soap

The best way to care for your new piercing is to clean it twice daily. The easiest way to clean your piercing is during a shower. the warm water and steam in the shower helps soften your skin and loosen the crust at the base of your jewelry, making the crust easier to remove. While in the shower, wash your hands thoroughly with clear glycerin soap, and use the lather to wash around your piercing. be careful not to rotate any soap through your healing piercing, as this may irritate the wound. DO NOT use antibacterial soap, or any soap containing color, fragrance, or animal products on your piercing. Gently remove the crust from your jewelry with a paper towel or gauze pad if you can't get it off using your fingers.

Additional Tips for All Piercings...

Ibuprofen

An over the counter anti-inflammatory such as ibuprofen can help reduce pain and swelling in any new piercing.

NEVER touch your piercing without first washing your hands.

Do not use petroleum based ointments, full strength hydrogen peroxide, or full strength rubbing alcohol on your healing piercing. These substances can irritate a healing piercing, and using them may slow the healing process significantly. Remember, you aren't try to kill your piercing, just keep it clean.

Check the jewelry to make sure the screw-on ends remain tightened. You should make it a habit to do this each time you clean your piercing, and before you go to bed at night. Make sure you wash your hands before touching you jewelry! Remember: tighten all threaded accessories by turning them to the right - righty, tighty.

During the entire healing period, you should not change out your jewelry, or remove it for any length of time. The jewelry acts as a drain for the wound created by the piercing needle. Removing your jewelry prematurely can cause an irritated piercing to close up, trapping draining fluid, and leading to complications requiring a medical professional.

Do not over-clean your piercing. Cleaning more than twice a day (unless absolutely necessary) can irritate your piercing, and prolong the healing process. If your piercing appears clean but is noticeably tender, reduce your cleaning regimen to only once a day. As you progress through the healing process, you will develop a successful and permanent cleaning routine.

Do not engage in rough activity that may threaten your piercing. Intense friction and pulling on a fresh piercing is a common way to trigger migration, a process in which the body "pushes" the jewelry out of the body.

Do not expose your fresh piercing to contact of another person's body fluids. Use protective barriers such as condoms, even if you are in a monogamous relationship. For oral piercings, please remember: you have a wound in your mouth. Treat it gently, and don't exchange body fluids!