

QUESTIONS OR CONCERNS CALL US AT 417.883.9636 OR EMAIL US AT PIERCING@KSCOPE4FUN.COM

External Piercing Aftercare



kaleidoscope
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PROUD MEMBER



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THE APPROXIMATE HEALING TIMES FOR EXTERNAL PIERCINGS VARY:

- Navel, nipple, and cartilage: 6-12 months
- Nostril: 4-6 months
- Eyebrow, labret and lip: 3-6 months
- Dermals: 4 months

AFTERCARE:

The moment you are pierced, your body naturally sends white blood cells to the area through your blood stream. Once the blood cells arrive, they begin to sew up the damage and create new tissue. Their goal is to solidify the passageway around the jewelry. As this goes on, the cells and tissue destroyed during the piercing are discarded from the body. Taking this into consideration, a new piercing will:

- Be red and swollen around the area
- Itch (but don't scratch)
- Form a crusty secretion at the openings (No Picking!)
- Secrete a whitish-yellow fluid from the piercing. This is mostly plasma and dead cells.
- Occasionally bleed a little for the first few days

WHAT I NEED TO CLEAN MY PIERCING:

Sterile saline wound wash is the only product professionally recommended to clean your piercing. While there are quite a few different wound wash products on the market that would work, we prefer, and sell, Neilmed Wound Wash Spray. The spray is sterile, drug free, and preservative free, and will cause no burning or stinging. Spray directly on your piercing 2-3 times a day using it no more than 4 times a day. Aim nozzle at the piercing and spray from a distance of 2 to 4 inches. Avoid using a q-tip or cotton ball due to fibers from the swabs catching on the jewelry and causing irritation. Follow this routine for the first 2 months then use only as needed.

USE ONLY AS DIRECTED, IF SYMPTOMS PERSIST SEE YOUR DOCTOR/HEALTHCARE PROFESSIONAL. ALWAYS READ THE LABEL.

Hot Saline Compress: For soreness or piercing bumps you can saturate a gauze pad with Saline Wound Wash and warm it in the microwave on a clean plate. Then place the gauze on the piercing for 10min. You can do this once an hour for a maximum of 4 times a day. This is very beneficial for healing and reliving any piercing bump.

In the shower you can use you soap (mild liquid soap that's NOT ANTIBACTERIAL) to gently clean outside the piercing but take care NOT to work it into the actual piercing. At the end of the shower be sure to thoroughly rinse your piercing for 1-2min. When it's possible, cup your hand under the piercing to form a small pool and let it soak in the clean water as it runs down on you. this will help loosen and clean any "crusties" that may have accumulated. **DO NOT PICK AT THE CRUSTIES. LET THEM COME OFF AT THEIR OWN PACE.**

WHAT PRODUCTS I SHOULD AVOID AND WHY:

Rubbing Alcohol: Way too harsh! It burns off the cells that are healing your piercing. It is not meant to clean a puncture wound.

Hydrogen Peroxide: Possesses the same harsh, drying properties as rubbing alcohol. The bubbling action may be getting rid of unwanted organisms but it is also bubbling away healthy new cells.

Hibiclens: Whoa, have you seen this stuff? It's pink! Lots of dye. Many people who use this product on their piercing develop rashes and encounter further irritation.

Neosporin/Bacitracin: Antibiotic ointments and creams block the oxygen your delicate cells need. Your piercing will take a lot longer to heal! By using any of these unwanted cleansers your piercing will become irritated, take longer to heal, and put you at higher risk for infection. Even if your best friend used an unwanted cleanser and didn't have a problem, DON'T DO IT! Everyone's body chemistry is different.

IMPORTANT TIPS:

Leave Your Piercing Alone: Piercings do best if you leave them alone! Let your piercing move naturally and never play with it.

Keep Your Hands Clean: Always wash your hands with a mild liquid soap (like Dial) before and after you clean or touch your piercing. Never let anyone else touch it!

Never Trade Jewelry: Sharing of bodily fluids can be dangerous and that is exactly what you are doing if you share body jewelry. Contrary to popular belief, burning with a lighter, boiling in hot water, or soaking in bleach or alcohol will NOT sterilize the jewelry. The only complete method of sterilization is through the use of an Autoclave.

Avoid Constrictive Jeans, Pants, Skirts, Etc.

Keep It Secure: For females, wearing a bra is good for a new nipple piercing. It helps keep the jewelry from moving and snagging. Sleep in one for the first few weeks. For anyone who doesn't wear a bra, a tank top will do.

Be Patient: Everyone heals at a different rate. Never hesitate to call your piercer if you have any questions or problems. That's what we're here for!

DO I HAVE AN INFECTION?

While these symptoms may also indicate other problems, look for the following indications of the infection:

- Excessive redness or swelling
- A sensation of heat at the piercing site
- Pain, especially throbbing or spreading pain
- Unusual discharge. It may be greenish or grayish

I MIGHT HAVE AN INFECTION, WHAT SHOULD I DO?

While it's never inappropriate to see your piercing-friendly physician, a call or visit to your piercer may save you a trip. If possible, visit your piercer and show him or her the piercing. Also tell him or her about any circumstances which may have led to the possible infection.

Important: Try to minimize movement while cleaning and never remove your jewelry from the piercing! Movement delays healing and jewelry must not be removed from the piercing until sufficient time has passed. At least 6 months for both the navel and the nipple. If crusties are stubborn and won't come off that's okay. They will work their way off eventually so no picking! For stubborn crusties, try soaking in a bathtub first to soften them up.

When you take a bath or shower, place a small amount of mild soap on your hand and work into a lather. Gently wash your navel and the surrounding area being careful not to move the surrounding area. You are NOT trying to work the soap into the piercing. You are just cleaning the surrounding area. Be sure to wash off any residue of the mild soap as it can really dry you out if left on.

Please don't remove the jewelry! This may aggravate the problem by closing off the drainage for the matter.