

# AFTERCARE INSTRUCTIONS: PIERCINGS

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## INSTRUCTIONS - ORAL

- 1 - Rinse your mouth with mouthwash for 60 seconds four to five (4-5) times daily using an anti-septic, alcohol-free mouthwash.
- 2 - To reduce swelling, allow small pieces of ice to dissolve in your mouth.
- 3 - Take an over the counter, non-steroidal anti-inflammatory (i.e. Ibuprofen or Naproxyn Sodium).
- 4 - Use a new, soft-bristled tooth brush and gently brush your tongue and jewelry daily.
- 5 - Floss daily.
- 6 - Once the piercing has healed, brush the jewelry more thoroughly to avoid plaque build-up.

## INSTRUCTIONS - EXTERNAL

- 1 - Wash your hands thoroughly before cleaning or touching your piercing.
- 2 - Once or twice a day, using an anti-microbial soap, clean the jewelry, the piercing, and the area around the piercing.
- 3 - Dry the area with gauze or a soft tissue. Avoid using a cloth towel.
- 4 - Three to five (3-5) times a day, saturate the area using your piercing aftercare. Do not wipe or rinse off the aftercare, allow it to soak in and dry. Be careful not to over do it.

## GENERAL HEALING TIME: 4-12 WEEKS

\*\*Healing times may vary based on the location of the piercing. Some piercings may take as long as a year to heal.\*\*

## TIPS

- DO NOT PLAY WITH THE JEWELRY!
- DO NOT REMOVE THE JEWELRY!
- With clean hands, make sure to check and tighten your jewelry.
- Avoid using alcohol, Hydrogen Peroxide, Betadine, Hibiclens, or ointment.
- Avoid over cleaning.
- Avoid tight fitting clothing.
- Avoid aspirin, alcoholic beverages, and large amounts of caffeine. (Oral)
- Avoid submerging in lakes, swimming pools, etc.
- Avoid all beauty products (i.e. make-up, lotions, and sprays) on or around the piercing.
- Avoid dangling jewelry until the piercing is fully healed.
- Avoid mouthwash containing alcohol. (Oral)
- Avoid oral sexual contact. (Oral)
- Avoid chewing gum, tobacco, fingernails, etc. (Oral)
- Avoid smoking. It increases the risk of infection and slows healing. (Oral)
- Avoid recreational drug use. (Oral)
- Change your bed sheets at least once a week.

## PERSONAL NOTES

### HEALING TIME:


### SALINE WASH MIXTURE:

- 1/4 TEASPOON OF SEA SALT
- 8 OZ. OF DISTILLED WATER (ROOM TEMP.)

