

PIERCING CARE SHEET

Consult a physician if any signs or symptoms develop such as the following: major swelling, allergic reaction, redness at the site, green/yellow discharge (foul smelling) and/or fever.

If you have any questions, problems, or concerns regarding your piercing, please do not hesitate to call me.

Never play with your jewelry or touch your piercing without washing your hands first

Amanda Chavez
720-485-3435



Your _____ piercing is expected to take _____ months or longer to heal.

Gauge: _____ Length: _____ Material: _____

Jewelry downsize: _____ weeks

Cleaning Instructions

- WASH your hands thoroughly prior to cleaning or touching your piercing for any reason.
- SALINE rinse as needed during healing.(2-3 times a day) For certain placements it may be easier to apply using clean gauze saturated with saline solution.
- RINSE thoroughly afterward to remove any residue.
- DRY by gently patting with clean, disposable paper products because cloth towels can harbor bacteria and snag on jewelry, causing injury.
- CHECK that the jewelry is secure and screwed on tightly. Lefty loosey - righty tighty. We will not be responsible for replacing lost jewelry.

What is Normal

- During Healing: there may be some itching, discoloration, and a whitish-yellowish liquid that may crust on the jewelry. This fluid is not pus, it is a sign of a healing piercing.
- Piercings heal from the outside in. BE PATIENT. Keep up with cleaning and aftercare throughout the entire healing period.
- Eat healthy, drink plenty of water, and get enough sleep. A healthy body heals easier and quicker.
- Keep bedding clean and free of pet hair. Wear breathable clothing that protects your piercings as you sleep.
- Initially: some bleeding, localized swelling, tenderness or bruising

What to Avoid

- Avoid using alcohol, hydrogen peroxide, Bactine, betadine, harsh soaps, and ointments.
- Avoid submerging fresh piercings in bodies of water such as pools, lakes, and other bodies of water. Showers are better than baths, bathtubs can harvest bacteria and cause delays in healing.
- Avoid stress, recreational drug use, and consuming excessive alcohol, nicotine, and caffeine.
- Avoid beauty and personal care items on or around the piercing such as lotions, sprays, and cosmetics.
- NO SMOKING, especially for oral piercings. Smoking increases risks and delays healing time.

PIERCING CARE SHEET

Consult a physician if any signs or symptoms develop such as the following: major swelling, allergic reaction, redness at the site, green/yellow discharge (foul smelling) and/or fever.

If you have any questions, problems, or concerns regarding your piercing, please do not hesitate to call me.

Never play with your jewelry or touch your piercing without washing your hands first

Amanda Chavez
720-485-3435



ORAL PIERCING INFO

- To reduce swelling: Take an over the counter anti-inflammatory such as ibuprofen according to
- package directions. Ice and cold foods can help with swelling and discomfort, but AVOID the use of straws.
- Use a saline solution to rinse mouth after eating, drinking, or smoking.
- Use antimicrobial or antibacterial alcohol-free mouthwash at least twice a day.
- Rinse for 30-60 seconds each time.
- For lip piercings, follow Body Piercing Info below for the outside of piercing and Oral Piercing
- Info for inside the mouth.
- Avoid playing with the jewelry! This can cause permanent damage to teeth and oral structures.
- Sleep with your head elevated above your heart for the first few nights.

BODY PIERCING INFO

H2Ocean

- Wash hands thoroughly with soap and water before touching or cleaning your piercing.
- Use a clean Q-tip to remove any debris from the jewelry. I.e. blood, plasma, and dead skin cells.
- Use H2Ocean's foam soap with a Q-tip to clean around your piercing for about 10-15 seconds, until foam has evaporated.
- Moving or rotating the jewelry is not necessary during cleaning or rinsing.

Wound Wash

- Wash hands thoroughly with soap and water before touching or cleaning your piercing.
- Use a clean Q-tip to remove any debris from the jewelry. I.e. blood, plasma, and dead skin cells.
- Usa a sterile saline Wound Wash with cotton rounds to soak your piercing for 10-15 minutes.
- Moving or rotating the jewelry is not necessary during cleaning or rinsing.

PIERCING CARE SHEET

Consult a physician if any signs or symptoms develop such as the following: major swelling, allergic reaction, redness at the site, green/yellow discharge (foul smelling) and/or fever.

If you have any questions, problems, or concerns regarding your piercing, please do not hesitate to call me.

Never play with your jewelry or touch your piercing without washing your hands first

Amanda Chavez
720-485-3435



WHAT IS NORMAL

- Initially: some bleeding, localized swelling, tenderness or bruising
- During Healing: there may be some itching, discoloration, and a whitish-yellowish liquid that may crust on the jewelry. This fluid is not pus, it is a sign of a healing piercing.
- Piercings heal from the outside in. BE PATIENT. Keep up with cleaning and aftercare throughout the entire healing period.
- Eat healthy, drink plenty of water, and get enough sleep. A healthy body heals easier and quicker.
- Keep bedding clean and free of pet hair. Wear breathable clothing that protects your piercings as you sleep.

WHAT TO AVOID

- Avoid using alcohol, hydrogen peroxide, Bactine, betadine, harsh soaps, and ointments.
- Avoid submerging fresh piercings in bodies of water such as pools, lakes, and other bodies of water.
- Avoid stress, recreational drug use, and consuming excessive alcohol, nicotine, and caffeine.
- Avoid beauty and personal care items on or around the piercing such as lotions, sprays, and cosmetics.