

Mind Body and Spirit



EAR AND BODY PIERCING AFTER-CARE GUIDE

15 North Seaton Road, Ashington, Northumberland, NE63 0AG

Telephone:

01670 521176

www.mbns.co.uk

info@mbns.co.uk

EAR CARE PROCEDURE:

Wash hands thoroughly before touching studs or ear.

Cleanse front and back of the ear 2 times a day with STUDEX® After Piercing Solution without removing studs. Then rotate studs 2 or 3 times, 180° left and 180° right, i.e. a half turn only, thus avoiding hair wrapping around the post at the back of the lobe. In between cleansing, the ear should be kept DRY.

Keep hair spray, soap, shampoo and other preparations away from the ear. After shampooing, the ear should be rinsed with clear water and then cleansed with STUDEX® After Piercing Solution as described above.

The pierced area should be CLEANSED with STUDEX® After Piercing Solution then kept DRY, especially after bathing, swimming or exercise.

DO NOT:

- Remove studs or handle your ears and/or studs unnecessarily.
- Push the butterfly along the post towards the ear - the butterfly must always be positioned at the tip of the post. Feel the position each time you clean the ear - it must feel smooth. This ensures that the earring remains LOOSE during the healing period. This is essential as tight earrings may lead to inflammation.

DO:

- ✓ Leave studs in the ears for 6 weeks continuously (12 weeks for cartilage).
- ✓ After 6 weeks (12 weeks for cartilage), the stud can be removed and other post-type earrings may be worn continuously.
- ✓ Use only post-style earrings continuously for the first 6 months from piercing. The post should be a surgical grade of stainless steel or other hypo-allergenic material.
- ✓ Minor pain/redness may occur immediately - this is normal. This will settle within 48 hours provided proper after-care is carried out. If undue pain/ swelling/redness occurs at any time, seek medical advice before removing the ear-piercing stud.

EAR CARTILAGE:

Due to the nature of ear cartilage, extra care should be observed during the healing period.

Minor pain/redness may occur immediately - this is normal. This will settle within 48 hours provided proper after-care is carried out. If undue pain/ swelling/redness occurs at any time, seek medical advice immediately. Do not remove studs before the relevant medical advice.

Failure to properly follow after-care procedures or to seek immediate medical advice, should a problem occur, may result in permanent damage to the ear cartilage.

BODY PIERCING AFTER-CARE

We have outlined a few things that should help to heal your piercing.

Remember - These are only suggestions and if you have any adverse reactions or questions please don't hesitate to call us.

There are various factors which will determine the healing time of your piercing. This includes diet, lifestyle, your immune system and irritation to the piercing during the healing period.

Problematic piercings can often be caused by:

- Aggravation (due to clothing on the area)
- Not using suggested aftercare products.
- ANY contact with unwashed hands or bodily fluids.
- By using the appropriate aftercare solution and keeping irritation to a minimum you will ensure the best possible healing environment for your piercing.
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HOT COMPRESS OR OSMOSIS

(Approx. 1/4 teaspoon of sea salt to 1/2 pint hot water) This method works best when used with hot but not boiling water.

Soak a cotton pad with the saline solution and place on the piercing for 5 minutes (until it starts to cool down). This helps to open the pores of the skin. Pour the remainder into a clean container that's just big enough to cover the area (e.g. Navel/mug, Eyebrow/long contact lens case or an eggcup). Soak the piercing for 10 minutes, making sure the water is warm at all times. This draws any of the impurities or trapped fluid out of the piercing.

Your antibacterial solution should then be used to clean the area. This can be Benzalkonium Chloride on a cotton bud or our antibacterial soap (Provon, Satin or Antibac) which should then be rinsed off thoroughly with CLEAN water.

This can be repeated a few times a week to heal a piercing, but when treating a problematic piercing twice a day is preferable

NAVELS, NIPPLES AND GENITALS (Male and Female)

These piercings can be amongst the hardest to heal due to irritation from clothing and lack of air to the piercing.

Any crust formations on the jewellery should first be soaked off with clean warm water. A small amount of antibacterial soap should then be lathered over the piercing and left on for a few minutes. Rinse off thoroughly with fresh clean water - preferably in the shower. For best results this should be repeated no more than twice daily. The most common irritation with navel piercings is clothing. Waistbands of trousers, skirts, underwear etc. should be kept off your

piercing at ALL times. Also try and avoid aggressive exercise and sleeping on your stomach. You may find that chlorinated swimming pools, Jacuzzis or saunas may cause irritation or infection. To prevent this try using a 'Tegaderm' or 'Mepore' patch or similar dressing, which is specially designed to keep the area dry and clean.

Ears, Septum. Nose. Eyebrow and Ear. Outside Lip and Cheek.

As Facial and ear piercings are harder to soak, cleaning after a bath or shower will make the whole process a lot easier. Wet a clean cotton bud with Benzalkonium Chloride and soak around the piercing and jewellery, making sure to remove any crust formation. When totally clean, dry the area with a fresh cotton bud. Repeat this process 2-3 times daily.

TONGUE, INSIDE LIP AND CHEEK

An oral piercing is when all or part of the jewellery is inside the mouth. The following instructions are to be used to care for the inside of the mouth. To care for the outside, follow instructions for facial piercings. To clean the inside of an oral piercing we suggest a special antibacterial mouthwash, 'Tech 2000', which is alcohol free and can be used undiluted.

If an alcohol based mouthwash is used it should be diluted 1/3 mouthwash to 2/3 water. It should be used after everything you eat, drink or smoke until the piercing is fully healed. With all oral piercings there will be some swelling, this is perfectly normal and the jewellery you have been pierced with is large enough to allow for this. Sucking on ice can help reduce the swelling, if you are at all worried about the amount of swelling, or if the jewellery starts imbedding, please call in to have it looked at by your piercer.

For the first few days of your new piercing eating may be difficult (you may notice this especially with tongues). Take it easy, start on soft foods like soup or yoghurt and work your way up to tougher foods. We suggest you avoid hot spicy food at this stage, it is also advisable to change your toothbrush as your old one may harbour bacteria. The tongue is covered in a very thin natural healing agent called "peptide"; this will help to aid the healing process.

CONCLUSION

When you get a piercing done you must be aware that there may be some minor swelling or scarring to the area. Although not a common occurrence, some piercings have the potential to reject, or grow out. This is only a caution and you will find that there is only a very small amount of people which this will affect.

We hope your experience with us has been a pleasant one and that we will see you again in the near future!

ENJOY YOUR PIERCING!!