



Fraidy Cats Professional Body Piercing

www.FraidyCats.net

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ORAL & BODY PIERCING AFTERCARE

DAILY TO DO'S

- 1. Wash your hands** thoroughly prior to cleaning or touching your piercing.
- 2. Spray sterile saline** wound wash while healing 2 times daily. Moving or rotating the jewelry is not necessary during cleaning/rinsing and may actually irritate the piercing.
- 3. Remove crust from skin and jewelry daily** two times per day gently remove all crust with a wet q-tip.
- 4. Dry area** with clean, disposable products like gauze, cotton swabs, tissue, or paper towels. Cloth towels should be avoided as they can harbor bacteria and snag on jewelry. Drying the area is not necessary for tongue piercings.
- 5. Check jewelry ends daily** so your jewelry doesn't fall out. Threadless is a snap fit. Threaded screws together. Righty tighty, lefty loosey.
- 6. Downsize jewelry after 4 - 6 weeks.** Starting with longer jewelry accommodates for swelling and allows your piercing to drain. Downsize the length of your jewelry as suggested to avoid shifting, bumps, and prolonged healing.
- 7. Take an anti-inflammatory** to reduce swelling and minimize discomfort. Use as directed; if not medically contraindicated.
- 8. Rinse With Alcohol Free Mouthwash** 3 times daily.
- 9. Drink Cold Water.** Soothe your piercing with ice cold water or ice chips.

DON'T DO'S

- Don't touch without washing hands** to reduce risk of infection.
- Don't be too rough.** Excess pressure, snagging, or bumping your piercing will cause swelling, bleeding, shifting, bumps, and prolonged healing.
- Don't take your jewelry out.** Your piercing will shrink within minutes and heal together very quickly.
- Don't change jewelry too frequently while healing.** Get assistance from a professional piercer to ensure the jewelry change is done gently, with higher quality implant grade jewelry, and in the correct size for your unique anatomy. Jewelry is not a one size fits all.
- Don't use harsh products on your piercing.** Products such as Alcohol, Peroxide, Hibiclens, Witch hazel, Tea tree oil, Bactine, Ear care solution, Dial soap, & Ointments are too harsh and may slow or prevent healing.
- Don't get personal products in your piercing.** Make-up, Lotion, Face wash, Hair products, etc. are too harsh and may slow or prevent healing.
- Don't submerge piercing in open bodies of water for 6 - 8 Weeks.** Microorganisms in pools, hot tubs, lakes, and the ocean may lead to infection. Waterproof bandaids are available at the pharmacy.
- Don't take random advice from non-professionals such as Dr. Google.** Come in during business hours or email Jamie if you have questions.

No Smoking or Drinking Alcohol. May increase swelling and cause complications.

Avoid Big Bite Foods. Go with comfort. Pizza, burgers, subs etc. may be uncomfortable to eat.

Avoid Hot & Spicy Foods. Hot and spicy foods may sting and burn your new piercing.

Avoid Acidic Juices. Acidic beverages may sting.

Healing Concerns? Come in ASAP! - The sooner the better! We can talk about what you're experiencing, what causes it, and what you can do about it. We can also provide a troubleshooting guide, an irritated piercing aftercare sheet, and sample products to help clean and soothe your piercing. You're welcome to email pictures first but know you will probably need to come in.

Suspect infection? See a doctor ASAP! - Symptoms of infection include swelling, pain, hot, very red or dark, blood or green goo, feeling unwell or you're developing a fever. Aftercare suggestions are based on training, research, and professional experience. These suggestions should not be a substitute for medical advice from a physician. If you suspect an infection make an appointment with your doctor asap!

Piercer -

Date -

Jewelry Downsize Date -

Piercings -

Jewelry -

AFTERCARE PRODUCTS

Sterile Saline Spray

Fine Mist Piercing Spray (less comfy, costs more) - Amazon A
Full Stream Wound Wash (less comfy, costs less) - Pharmacy

Mouthwash

Alcohol free - Pharmacy

Anti-inflammatory

Ibuprofen (Advil®) or Naproxen sodium (Aleve®) - Pharmacy