

AFTERCARE GUIDE

The suggestions that follow are intended as guidelines to help you care for your new piercing. They are based on our decades of experience as professional piercers, the experience of others who are respected in the industry, and the advice of medical professionals familiar with piercing care. Keep in mind that everyone is unique in body and lifestyle, and many factors contribute to how a piercing heals.



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Contact Us

www.sailorsdenchatt.com
sailorsdentatto@gmail.com
6237 Vance Rd Suite 5
Chattanooga TN 37421

AFTERCARE FOR PIERCING



Caring for your New Piercing:

DO NOT TOUCH YOUR PIERCING. The only time you will touch your piercing is when you are cleaning it, and you will first wash your hands. DO NOT REMOVE YOUR JEWELRY. New piercings can shrink the moment jewelry is removed, making it painful or impossible to get it back in.

What is Normal

During the Healing Process:

- Bleeding, bruising, and/or swelling are fairly common with a new piercing.
- Some tenderness or discomfort in the area of a new piercing can be expected for several days or longer. Discoloration (redness) and itching during healing process are also fairly common.

- Secretion of a whitish-yellow fluid (not pus) is part of the healing process and is to be expected. It is liquid when it leaves the body but dries into “crusties.”
- Piercings will go through “ups and downs” while healing. They may seem healed for a while, and then regress. The key is to continue your cleaning routine throughout initial healing time.

- Piercings (including healed piercings) that are not cleaned daily may smell unpleasant. This does not necessarily indicate a problem.

- Jewelry should not be expected to rotate or move freely in most piercings, even after healing. • Most piercings will shrink or close very quickly if the jewelry is removed, so if you like your piercing it is vital to LEAVE YOUR JEWELRY IN AT ALL TIMES!

Body Piercing Aftercare

Use STERILE WOUND-CARE SALINE Daily as needed

1. Wash your hands thoroughly.

2. Either spray the saline directly on the piercing to liberally flush the piercing, or soak a non-woven gauze in saline and apply that to the piercing.

3. You may need to use a q-tip or non-woven gauze to clean away any debris or “crusties” that may have collected on the jewelry around the piercing.

4. It is not necessary to rinse this product away, however if you do rinse make sure it's with clean, running water.

5. If your jewelry is threaded (barbells, etc.) check it to make sure it's still tight!

Remember

“righty tighty, lefty loosey.”

ORAL PIERCING AFTERCARE USE A DILUTED, ALCOHOL-FREE MOUTHWASH – MORNING AND EVENING

Oral hygiene must be maintained while any

a mouthwash that is too strong can damage cells and slow the healing process. Be sure to choose an alcohol-free mouthwash such as Biotene, Crest Pro-Health, or Colgate Advanced Care, and dilute it 50/50 with distilled or bottled water. Do not touch your piercing without first washing your hands, and leave your jewelry in at all times!

1. Wash your hands thoroughly.

2. Swish gently with an alcohol-free mouthwash, diluted 50/50 with distilled or bottled water, for 30-60 seconds.

3. If you wish, you may rinse your mouth with clean, bottled water.

4. If your jewelry is threaded (barbells, etc.) check it to make sure it's still tight!

5. Remember “righty tighty, lefty loosey.”

RINSE WITH COOL, BOTTLED WATER AFTER MEALS, SNACKS, OR SMOKING

Estimated Healing Times

THE FOLLOWING IS USUALLY THE

MINIMUM AMOUNT OF TIME NEEDED TO HEAL BEFORE IT IS SAFE TO CHANGE YOUR JEWELRY. BECAUSE MANY FACTORS INFLUENCE HOW QUICKLY A PIERCING WILL HEAL, SOME PEOPLE WILL HEAL FASTER WHILE OTHERS WILL TAKE LONGER.

EAR CARTILAGE: 3-4 MONTHS, EAR CONSTRUCTION, INDUSTRIAL: 3-6 MONTH, EARLOBE (UP TO 12G): 6-8 WEEKS, EARLOBE (OVER 12G): 2-3 MONTHS, ERL (NOSE BRIDGE): 2-3 MONTHS, EYEBROW: 2-3 MONTHS, HIGH NOSTRIL: 4-6 MONTHS, INVERSE LIP: 2-3 MONTHS, LIP/LABRET/MONROE: 6-8 WEEKS, NAVEL: 4-6 MONTHS, NOSTRIL: 3-4 MONTHS, PHILTRUM: 6-8 WEEKS, SEPTUM: 6-8 WEEKS, SINGLE POINT PIERCING: 3-4 MONTHS, SURFACE PIERCING (SURFACE BAR): 6-9 MONTHS, SURFACE PIERCING (TYGON): 8-12 MONTHS, TONGUE: 4-6 WEEKS, VERTICAL LIP: 6-8 WEEKS. NIPPLES VARY IN HEALING TIME BASED ON SIZE AND ANATOMICAL STRUCTURE. SMALL NIPPLES (LESS THAN 3/8" IN WIDTH) CAN HEAL WITHIN 3-4 MONTHS, WHILE LARGER NIPPLES (WIDER THAN 3/8" IN DIAMETER) OFTEN TAKE 6-9 MONTHS TO HEAL.

GENITAL PIERCINGS: AMPALLANG: 6-9 MONTHS, APDRAVVA: 6-9 MONTHS, CHRISTINA: 6-9 MONTHS, CLITORAL HOOD: 4-6 WEEKS, DYDOE: 6-9 MONTHS, FOURCHETTE: 6-8 WEEKS, FRENUM: 6-8 WEEKS, GUICHE: 2-3 MONTHS, INNER LABIA: 4-6 WEEKS, PRINCE ALBERT: 6-8 WEEKS, PRINCESS ALBERTINA: 4-6 WEEKS, REVERSE PA: 6-9 MONTHS, SCROTUM/HAFADA: 6-8 WEEKS.

What to Avoid While Healing a Body Piercing

- Avoid touching your piercing, except when you are cleaning it.
- Avoid oral contact or contact with other people's body fluids.
- Avoid using any aftercare products or ointments that were not suggested by your piercer.
- Avoid getting lotions and/or makeup in or around your piercing.
- Avoid pools, hot tubs, lakes, rivers, etc. Using a waterproof, breathable bandage (such as Tegaderm) is a viable option for some piercings.