

PIERCING AFTERCARE

Please read carefully though the following information as it contains everything you need to know to take care of your new piercing.

A piercing is essentially an open wound and should be treated as such. If your fresh piercing is not taken care of correctly, you may encounter some problems.

HOW TO CLEAN YOUR PIERCING

- Thoroughly wash your hands with an antibacterial soap.
- Spray saline onto the front and back of your piercing.
- If needed, spray saline onto some kitchen towel and use that to gently remove any built up dried fluid. This should be done without turning or removing the jewellery.
- Pat dry any excess saline from around the piercing.
- This should be completed twice a day or more frequently if required.



ORAL PIERCINGS

- Oral piercings are especially prone to swelling in the initial stages of healing.
- Cold food and drinks, such as ice water, can be helpful in reducing swelling.
- Rinse your mouth twice a day (morning and night) with a zero alcohol mouthwash, such as Corsodyl.
- Rinse your mouth with bottled water after eating or drinking to remove any debris.
- Avoid any activities that will put you in contact with another individuals bodily fluids, including sharing food or drinks.
- Please note that smoking can be harmful to healing oral piercings .



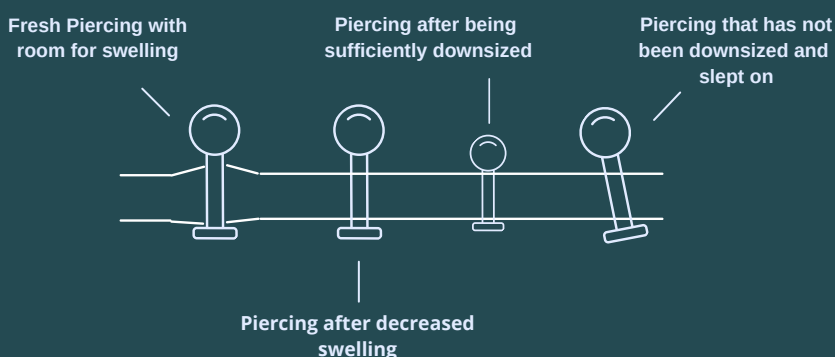
HEALING PROCESS

- Piercings can bleed on and off for the first few days.
- Bruising, redness and swelling are all normal for a fresh piercing.
- Itching is a normal part of healing too, and actually a very good sign its healing - Resist the urge to scratch the piercing.
- Your piercing will secrete a white/yellow fluid. This can dry and form a crust around the piercing. This is completely normal and will curtail over the course of the heal. Any dried fluid should be removed as per the advice above.
- Piercings will shrink and close if the jewellery is removed for any period of time during the initial healing process. It is therefore strongly advised not to remove your piercing.



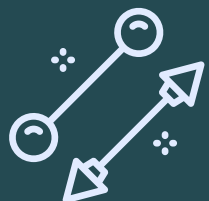
DOWNSIZING

Most piercings are done with a long length bar, this allows room for swelling in the first few weeks of healing. Once any swelling has diminished , it becomes easier to snag the piercing or apply pressure whilst sleeping. This can cause the piercing to become irritated and potentially migrate. It is very important to have your piercing downsized if necessary. Downsize timescales can be found at the end of this form.



JEWELLERY

- All jewellery used for initial piercings is high quality surgical implant grade titanium, or 14 ,18 carat gold. Other materials are available for fully healed piercings.
- Please note, all of the jewellery sold at Nevermore is internally threaded. Threaded attachments screw and unscrew onto the post
- To tighten or remove your jewellery:
 - Hold the jewellery from the back firmly
 - To tighten the jewellery, turn it clockwise
 - To loosen the jewellery, turn it anticlockwise
 - Remember to check the tightness of your jewellery often so you don't lose your attachment!



PIERCING AFTERCARE

DO'S AND DO NOT'S

DO

- Follow the guidance above to clean your piercing at least twice a day, even if it is sore.
- Stay healthy. Eat a good diet, drink plenty of water and get a good amount of sleep. This will best equip your body for healing.
- Clean your bedding frequently. If you have pets, they should not sleep in or on your bed for the duration of the initial heal.
- Get a travel pillow. The hollow spot is fantastic to place your ear when sleeping. This is going to prevent any unnecessary pressure being placed upon the piercing whilst sleeping.
- Get a hard vented eyepatch if you have a healing navel piercing.
- Refrain from wearing clothing which may be likely to irritate the piercing.



DO NOT

- Use any chemicals, soaps or ointments on your fresh piercing. Whilst you may think these will speed up your healing process, it's more likely to hinder it. Chemicals are likely to irritate your piercing and potentially damage your jewellery. The only thing you should use on your piercing is Saline Wound Wash.
- Move the jewellery back and forth in the piercing, twist the jewellery, or otherwise unnecessarily touch or fiddle with the piercing. Excess movement can cause irritation and prolong healing.
- Cause undue trauma such as friction from clothing, or accessories, excessive motion of the area, or vigorous cleaning.
- Over clean the piercing- this may prolong the healing process.
- Use any beauty or personal care products, such as cosmetics, lotions, and sprays, on or around the piercing.
- Submerge the piercing in any body of water. This includes the bath, swimming pools or open water (lakes, seas, etc.)
- Use any micro- fibrous products such as cotton wool or buds as the fibres may become trapped in your piercing increasing the risk of infection and agitation.



HAVING ISSUES?

A lot of the time, when people have a problem with a piercing, they automatically think the piercing is infected. This is quite unlikely, it is usually just irritated. Usually, an adjustment to the way you're caring for your piercing or the jewellery will improve your healing process.



If you have any concerns, do not hesitate to contact us. We can advise via message or telephone. If required, we can book you in for a check up and assess what is causing the irritation and provide information on how to resolve it.

PIERCING PLACEMENT

DOWNSIZE DUE

AVERAGE HEAL TIME

Lobe	2-3 weeks	6 weeks
Ear Cartilage	3-6 weeks	3-9 months
Nostril	3-4 weeks	3-6 months
Septum	2-3 weeks	4-6 weeks
Lip	3 weeks	6-8 weeks
Tongue	2 weeks	4-6 weeks
Navel	N/A	6 months
Surface	N/A	6 months
Nipple	6 weeks	3-6 months
Bridge	4 weeks	3-6 months
Transverse Lobe	4-6 weeks	6 months
Cheeks	6 weeks	6-9 months
Vertical Lebre	3-4 weeks	6-12 months
Eyebrow	4-6 weeks	2-3 months

JEWELLERY CLEANING TIPS

- Over time jewellery can lose some of its shine due to build-up of makeup, skin products, dirt etc.
- To keep your jewellery looking great you should clean it once a month (once your piercing is fully healed).
- To clean the jewellery use a soft baby toothbrush and a mild soap to remove any debris. Polish with a microfibre cloth.