

## **Black Sheep Gifts Piercing Aftercare Tips**

### **Piercing**

We always recommend you get your piercing done by a professional. You want a knowledgeable piercer, whom you feel comfortable with. Their shop or place of business should be a sterile environment and don't be scared to ask questions. We find that word of mouth is the best advertising. Ask around. And remember, the best price may not be the best work.

### **After care**

All of our guidelines are suggestions only. This is not a substitute for medical advice of your doctor or open communication with your piercer.

We recommend cleaning with salts. Nature's own cleanser. You can buy a saline solution at the pharmacy which is 99% sterile water and 1% salt. Or you can make your own by boiling 8 ozs of water or heating up distilled water and adding 1/8 teaspoon of sea or mineral salt. More salt **does not** make it better.

Always wash your hands with an antibacterial soap before you begin. **Never** touch your piercing with unwashed hands.

Using cotton swabs or puffs apply solution to the piercing, wiping away any crust or excess fluids.

Don't use alcohol or peroxide to clean your piercing.

**Do not** over clean your piercing as this can lead to problems. Twice a day is sufficient. Over cleaning is probably the main cause of an irritated piercing.

Some redness and leakage is normal but be aware of any serious looking infections. It is better to catch them early while the problem is small. Contact your piercer if you have concerns. **DO NOT** take out your piercing as your piercing could close, possibly trapping infection inside.

### **Water and bathing**

Bath water gets dirty quickly putting unwanted germs on your piercing so try to shower instead. If you insist on bathing then wash your tub with a bleach product

and rinse it well before you use it.

Also avoid lakes, pools and hot tubs until your piercing is healed. Your piercing is a wound and bacteria loves wetness. Again, if you insist on getting wet then use a waterproof bandage (available at the pharmacy)

### **Extra tips**

Check your jewelry daily to make sure all balls are still threaded tightly.  
Remember - Wash your hands first!

Don't play with your jewelry. You'll want to. It is like wanting to wiggle a loose tooth with your tongue. But don't do it. Let it heal.

Cover your facial piercing with a cloth or your hand while spraying hair spray.  
Also don't get makeup or lotions on your piercing. Remember, keep them clean.

Don't wear tight clothes over a piercing. Clothing that rubs can aggravate your piercing.

Eat healthy and get a good nights sleep. A healthy body heals quicker.

### **Approximate Healing times**

Remember everybody is different. These time frames are only an estimation.  
Leave your starter jewelry in for your healing time. Mucking about, changing your jewelry could inflame your piercing.

Earlobe 4 - 8 weeks

Ear cartilage up to a year (at least 2 months)

Nose 2 - 6 months

Septum 4 - 8 weeks

Eyebrow 2 - 3 months

Nipple 2 - 6 months

Belly button up to a year (at least three months)

Tongue 3 - 4 weeks

Lip 6 - 12 weeks