

Suggested Aftercare

Cleaning Instructions (1-3 times daily)

- **Wash** hands thoroughly before cleaning (as well as touching your piercing and the area around it for any reason).
- If showering then **Wash** around piercing with a gentle soap (Castile soap is best) and **Rinse** to remove all traces of soap.
- **Mix** saline solution for cleaning using potable (drinkable) water. (1/8th TSP of salt per 250ml of water)
- **Clean** with saline solution and cotton swabs **or Soak** in saline solution for a few minutes.
- **Gently pat dry** with a disposable paper product. (Cloth can harbor bacteria as well as snag piercings.)

What to Expect

- Bleeding may continue for a few days.
- Localized bruising may occur (not typical, is normal)
- Swelling may occur and is normal. For excessive swelling apply a cold pack wrapped in a paper towel.
- Localized swelling in rare occasions can push on nerves causing temporary numbness/tingling, loss of taste (oral piercings), or diminished hearing (ear piercings; rare).
- 'Crusties' may develop and are normal, **Never pick at them!** If they are bothering you then follow the cleaning instructions above to remove the debris around the piercing and jewelry.
- Flare ups can happen weeks and/or months after having a stable piercing. Treat flare-ups like a fresh piercing.
- Tightness is normal, do not force movement in the piercing.

Healthy Habits

- Don't play with/touch your piercing with unwashed hands.
- Do not overclean!
- Do not rotate!
- Keeps pets away from piercing and bedding the piercing will touch

- Wash bedding weekly (Use a T-shirt on a pillow for 4 clean sides)
- Avoid the exchange of bodily fluids around the piercing area through the 3rd stage of healing
- Regularly clean objects that sit close to your piercing. (Phones, eye glasses, headphones, etc.)
- Keep any personal care products away from the piercing (lotions, cosmetics, sprays, etc.)
- Showering is better for your piercing than bathing. (If bathing, clean the tub thoroughly before use and after rinse your piercing extensively with clean water)
- Avoid unsanitary bodies of water (bath tubs, pools, hot tubs, lakes, rivers, ponds, etc...)
- Eat a balanced diet, keep hydrated, and get plenty of sleep.
- Avoid excessive use of alcohol, caffeine, and recreational drugs
- **Do not smoke!** Smoking causes the immune system to become suppressed as well as vasoconstriction negatively impacts healing abilities.
- Avoid or minimize emotional stress (it can increase healing times up to 40%)
- Exercise is fine during healing as long as you are mindful about your range of motion with the fresh piercing, as well as make sure to prevent impact on a fresh piercing.

Not Suitable for Piercings

- Alcohol
- Hydrogen Peroxide
- Bactine
- A+D Ointment, Neosporin, other ointments
- Full-Strength Essential Oils
- Dial liquid/bar soap, harsh antibacterial soaps
- Alcohol containing mouthwash
- Colloidal Silver
- Aloe Vera

If you have any questions or concerns please get in touch with me by either calling the shop or on Instagram (@poked.by.blue)

All information is taken from 'Revised and Expanded The Piercing Bible' by Elayne Angel with Jef Saunders. Pg. 222-244. Ten Speed Press, 2021. ISBN: 9781984859327 as well as from <https://safepiercing.org/aftercare/>

Information on Healing

Stages of Healing

1) Inflammatory Phase

- Fresh open wound
- Bleeding, swelling, tenderness = normal
- Hemostasis (bleeding stopping) occurs over the first few days
- Healing begins, basal (base) cells start forming laying down the foundation for the epidermis (surface skin)

2) Growth/Proliferative Phase

- Normally lasts several weeks for a normal wound
- Piercings usually lasts several more weeks/months/years due to forming around a foreign object
- Granulation (the production of cells, like collagen [proteins], to heal and strengthen wound) occurs
- Contraction (edges of wound pull together) occurs. [delayed in piercing from jewelry]
- "Crusties" form
- Epithelial (new skin cells) grow from the edges inwards, adding to the base layer.
- Cells thicken and grow together, lining the wound completely and merging over time creating a sealed channel (fistula [flesh tunnel]).
- Is very delicate and can be damaged easily in this stage
- End of this phase = Initial healing complete = no longer an open wound

3) Maturation/Remodeling Phase

- collagen becomes more organized
- can take anywhere from months to years for the scar tissue (cells that line the wound) to strengthen and stabilize after the fistula has formed.
- Is common to cycle between stages 2 and 3

object inside a wound makes each healing stage take longer than normal.

Normal Secretions

Stage 1 - Inflammatory serous exudate (red and white blood cells, proteins, other components) fills the wound to help with clotting, prevent infection, and begin the repair process.

- small amounts of pus from inflammation okay early on.

Stage 2/3 - "Crusties" (serous exudate [lymph, dead cells, and liquid between cells]) are formed when clear or straw coloured fluid seeps from the channel, dries, and forms a crust around the piercing.

Healed - Sebum (fat, keratin, and cellular material) comes from oil glands and collects in piercing channels. It helps keep the wound moisturized and helps to prevent the growth of microorganisms. It is solid and cheese-like as well as having a distinct rotten odor.

****Watch for Pus**** - Yellowish-white, thick, often foul smelling.

- Secreted in response to inflammation or infection.
- After small amount during Stage 1 it is NOT normal.
- Yellow, greyish, greenish colour = infection not inflammation.

Jewelry Gauge	
Needle Gauge	

When one or more phases are disrupted/delayed, complications commonly occur. Having a foreign