



Sacred Skin
Quality Tattoos

Body & Cartilage Piercing Aftercare

In general, most piercings take between 8-12 weeks to heal. In some cases piercings may take up to 1 year to heal, particularly cartilage such as tragus, ear rim etc. New piercings are typically tender, itchy and slightly red for up to 2 weeks and may bleed a little over the first few days. Swelling is also normal and can be reduced by applying ice or a cold compress to the area.

Always wash and dry hands thoroughly before touching your new piercing.

Your new piercing is best cleaned with saline solution (commercial or home made) or clean water. Clean your piercing twice daily, morning and evening. When showering allow clean water to flow over your piercing while you wash & rinse your hands. Then gently wipe/wash away any dried and crusted matter from the jewellery, then rinse. If using saline, apply a generous amount to a clean cotton bud and wipe/wash away any dried matter. After cleaning, dry piercing with a clean paper towel or tissue. **DO NOT** apply oil based creams or strong antiseptics (eg dettol, metho, pure teatree oil etc). Keep piercing as dry and dirt free as possible. If you work in a dirty/dusty environment, cover your new piercing for the first 7 days. **Nose piercings should be covered with tape each night to avoid being pulled out during your sleep.**

You can purchase wound irrigation saline at the chemist or alternatively, you can make your own by dissolving 1/4 teaspoon of un-iodised sea salt into 250ml of warm water. Do not make solution any stronger as it will irritate the piercing.

Allow air to circulate around your new piercing, refrain from tight clothing and excessive exercise for the first 7 days (if appropriate).

We stock a wide range of body jewellery in many different styles, gauges and sizes for when your piercing is healed.

IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING THE AFTERCARE OF YOUR PIERCING PLEASE CONTACT US IMMEDIATELY.

**Thank you for visiting us. It was a pleasure having you in our studio.
Enjoy your new piercing.**

1st Floor, 388 Logan Road, Stones Corner Qld, 4120

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info@sacredskin.com.au ~ www.sacredskin.com.au



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Oral Piercing Aftercare

In general, most piercings take between 4-6 weeks to heal. New piercings are typically tender and slightly red for up to 2 weeks and may bleed a little over the first few days. Swelling is also very common in oral piercings and can be reduced by applying ice to the area, and taking an anti-inflammatory (as per the instructions on the packet) for a few days.

Always wash and dry hands thoroughly before touching your new piercing.

For all oral piercings, clean your teeth twice daily, and after cleaning rinse your mouth with saline solution (for the first 2 weeks). After eating and smoking you should also rinse your mouth with saline or clean water. Avoid drinking alcohol for 72 hours after piercing as this can aggravate swelling through dehydration. Spicy and acidic food (curries, citrus fruit etc) should be avoided for the first few days. If swallowing is difficult, food can be cut into small pieces and placed on the back of the tongue for chewing.

You can purchase wound irrigation saline at the chemist or alternatively, you can make your own by dissolving 1/4 teaspoon of un-iodised sea salt into 250ml of warm water. Do not make solution any stronger as it will irritate the piercing.

If you have a screw on ball as part of your jewellery, please **remember to tighten the ball daily**, as the natural body movement of oral piercings tend to undo the thread.

We stock a wide range of body jewellery in many different styles, gauges and sizes for when your piercing is healed.

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