

PIERCING AFTERCARE

GENERAL CLEANING INSTRUCTIONS:

- We recommend cleaning your piercings with a sterile saline solution such as H2OCEAN 3 to 4 times a day or as needed.
- WASH your hands before and after cleaning.
- RINSE your piercing thoroughly. It is not necessary to rotate the jewelry.
- DRY. Pat dry with a DISPOSABLE paper product.

WHAT TO AVOID FOR ANY PIERCING:

- Avoid cleaning your piercing with alcohol, hydrogen peroxide, or any soaps containing triclosan, iodine or any harsh fragrances.
- Avoid excessive motion, playing with, or vigorously cleaning your piercing; these activities can cause migration, prolong healing and/or other complications.
- Avoid all oral contact or rough play during the healing of your piercing.
- Avoid submerging the piercing in baths, lakes, oceans, pools, hot tubs or any unhygienic bodies of water.

GENITAL CARE:

- Genital piercing can bleed freely. Be prepared.
- We do not suggest any oral or sex to any genital piercing until healing is complete.
- Urinate after using soap to clean any piercing that is near the urethra.
- Use condoms, dental dams and waterproof bandages to avoid contact with your partners bodily fluid.
- Sex is not recommended for a period of time (consult your piercer)

ORAL CARE:

- Clean with antibacterial alcohol-free mouth wash.
- Rinse mouth with solution for 30-60 seconds after meals, smoking and at bedtime during entire healing process. Cleaning too often can cause discoloration and irritation to your piercing.
- To help reduce swelling allow small pieces of ice to dissolve in the month.
- Eat slowly and place food directly onto your molars.
- Avoid eating spicy, salty or hot temperature food or beverages for a few days.

WHAT TO AVOID:

- Avoid chewing on anything that could harbor bacteria.
- Avoid chewing tobacco or smoking tobacco.
- Avoid recreational drug use.
- Avoid beer and wine as this can cause a yeast infection in the mouth.
- Avoid submerging healing piercings in any bodies of water.
- **REMEMBER ALWAYS TALK TO YOUR PIERCER THROUGHOUT THE HEALING PROCESS, AVOID SUGGESTIONS FROM FRIENDS.**

******* ATTENTION *******

We at Embrace the Chaos are not doctors and these guidelines are based on a combination of professional experience, common sense, practice and research. This is not to be considered a substitute for medical advice from a doctor. If you suspect an infection, seek medical advice from your doctor. Remember, each body is unique and healing times may vary considerably. Report any DIAGNOSED infection or adverse reaction to the Texas department of state health services, drugs, and medical devices group at 1-888-839-6676