

## What is Normal?

You may experience light bleeding, secretion of fluid, bruising, and tenderness during the first 3 weeks of healing.

You may also experience a discoloration of the tissue around the piercing during healing.

Your piercing may feel healed in only a couple of weeks. It is important that you leave the starter jewelry in place for the complete estimated healing time as to prevent any complications, or trauma to the fragile healing tissue. Oral Piercings that require a "downsize" may be switched at your piercers discretion.

Every body is different, some people may experience rapid closing or shrinking after removal of the jewelry. To prevent irritation please leave your jewelry in place. If you have any issues or need assistance, we are always happy to help.

After the piercing has healed it is important to clean it as part of your daily hygiene routine. A normal and harmless, yet smelly, secretion may build up if you fail to do so.

## During healing...

**Remember that #1 cause of infection is touching your piercing with dirty fingers!** Always wash your hands prior to handling your jewelry as well as before washing your piercing.

**Do not move, rotate or remove your jewelry! This is an old myth!** Although the piercing may move on its own, rotating the jewelry can increase scar tissue as well as prevent your piercing from healing.

**ALL** bodies of water harvest bacteria! Keep your piercing from becoming submerged. This includes **swimming pools, lakes, rivers, oceans, hot tubs**, and your own **bathtub**. Water-proof bandages such as Tegaderm or Clean Seals may be used on certain piercings. Please consult with your piercer.

Making your piercing the **last** thing you clean in the shower will keep your normal hygienic products from irritating your piercing.  
**Rinse well!**

**TREAT YOUR BODY GOOD!** Taking Vitamin C and ZINC will encourage your piercing to heal faster. Eat right and sleep well!  
**Your body WANTS to heal.**

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7 days a week, 12pm-10pm

Your \_\_\_\_\_ Piercing will take a minimum of \_\_\_\_\_ months to completely heal. ANY questions may be answered by your friendly piercer: \_\_\_\_\_  
Jewelry size for initial piercing: \_\_\_\_\_  
Earliest change/downsize date: \_\_\_\_\_

### Comments



**Thank You for choosing DV8**  
**Voted best of Solono County**



**Suggested  
Aftercare  
Instructions for  
Facial  
Body and Oral  
Piercings**

# What NOT to do

Because a piercing wound heals MUCH differently from a regular cut or scrape, it is **IMPORTANT** not to use products such as:

Rubbing Alcohol, Hydrogen Peroxide, and Witch Hazel. These products will prevent and destroy new skin growth as well as be very drying to your new piercing.

Benzethonium or Benzalkonium Chloride solutions such as Bactine or “Ear Care” products may become contaminated very easily. These agents will not be effective against most pathogens, as well as be **very drying** to your new piercing

**Also** stay away from Surgical Scrubs, Iodine, Betadine, or Hibiclens. These products are intended for use as a skin prep and are **too strong** for use as aftercare!

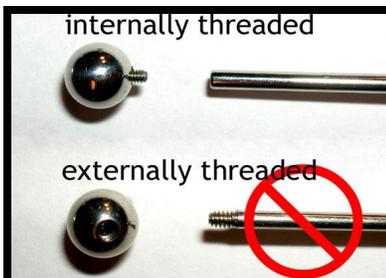
Any Ointments will prevent your piercing from receiving necessary oxygen. These products will also prevent natural secretions from exiting the piercing. These petroleum based products include Neosporin, Bacitracin, A&D, Triple Antibiotic Ointment, and Vaseline

Most of these products state right on the label:  
**“Not for use on a puncture wound”**

There is a reason for that!

**You've Been Poked...**

**...Don't get Screwed!**



**Disclaimer:** These guidelines are based on a combination of vast professional experience, common sense, and research. This is not to be considered a substitute for medical advice from a doctor. If you suspect an infection seek medical attention. Please be aware that most doctors have not received specific training or experience regarding piercing and may not be educated on how to best assist you. These suggestions are simply suggestions from your friendly piercers at DV8 Tattoos and Body Piercing.

# Facial/Body Piercings:

## Yes, less IS more!

Performing a **Sea Salt** soak on your piercing is the best way to encourage your piercing to heal **FASTER** without irritation. Simply

Mix **1/4 tsp** of pure non-iodized sea salt with **8oz (1 cup)** of warm bottled or distilled water. **This mix is important!** Our body is naturally salty. This mixture matches the natural salt content of our body and will not only increase circulation to the area, but also help draw out and remove any discharge.

**Soak your body piercing TWICE DAILY for 5-10 min.**

The use of a Sterile Sea Salt spray such as **H2Ocean** is suggested for those who may not be able to soak their piercing due to their environment or schedule.

**TABLE SALT** and **EPSON SALT** can **NOT** be used as a substitution for Sea Salt..

## Soak before Soap!

It is also suggested that a **mild anti-Microbial** soap be used only **ONCE** daily. Soap does not have any healing properties to it.

Soap is only used to kill germs on the outside of a piercing, therefore preventing infection. Two suggested soaps are **Provon** and **Satin**.

**DO NOT USE antibacterial soaps such as: Dial, Softsoap, or Lever 2000**

The active ingredients in these soaps **WILL** prevent your piercing from healing and can cause unwanted irritation.

**Use a small dime-sized amount of soap and lather your piercing, jewelry, and the surrounding area.**

It is not necessary to rotate the soap in.

Make sure to rinse all soap away after washing.

ANY soap will be irritating to your skin if left on.

Change your bed sheets at least twice a week.

Avoid contact with lotions and make-up.

Avoid contact with other peoples bodily fluids.

Constrictive clothing may be irritating.

Lacey clothing may catch or snag on your jewelry.

Placing an wrapped ice pack on your fresh piercing

for no more than 10 minuetts 2-3 times daily will decrease normal localized swelling.

# Oral piercings:

## Care for the inside

Performing a **Sea Salt** soak on your piercing by swishing it around your mouth is the best way to encourage your piercing to heal **FASTER** without irritation. Simply Mix **1/4 tsp** of pure non-iodized sea salt with **8oz (1 cup)** of warm bottled or distilled water. **This mix is important!**

**Swish FOUR– FIVE times DAILY for 30 sec.**

**You may also soak the outside of a Lip or Monroe piercing TWICE DAILY for 5 min**

**TABLE SALT** and **EPSON SALT** can **NOT** be used as a substitution for Sea Salt.

An **Alcohol Free** Saline mouthwash such as **H2Ocean's Arctic Rinse** may be used to promote healing. Rinse with this mouthwash twice daily as a part of your hygiene routine.

Other mouthwashes suggested are **Tech 2000** and **Crest Prohealth**. These rinses will need to be diluted with water!

Ask your piercer about the dilution ratios.

**NEVER USE LYSTERINE OR ANY OTHER ALCOHOL/ANTISEPTIC MOUTHWASHES.**

This will cause major irritation and prevent the piercing from healing.

Oral Piercings are always pierced with longer jewelry to compensate normal localized swelling. Jewelry will need to be downsized after 2-3 weeks or at your piercers discretion to prevent damage to the teeth or gums. **Motrin** or **Ibuprofen** will help reduce swelling. Sucking on Ice Chips throughout the day will also drastically reduce swelling. Elevating your piercing by using an extra pillow when you sleep at night will also help!

Avoid chewing on or playing with jewelry.

Avoid spicy, salty, hot or acidic foods.

Avoid smoking, recreational drugs, and drinking during healing as this will cause swelling and irritation.

Avoid contact with other peoples bodily fluids.