



PENNY BLACK PIERCING AFTERCARE FORM

This Aftercare Form is given as your written reminder of the advised aftercare for your new piercing. Aftercare is the **most important** aspect of any body piercing. Piercings require air, space, cleaning and patience to heal.

Healing Times

Ear Lobes & Nostrils	-	6-8 Weeks
Nipples & Navels	-	4-6 months in males and 6-12 months in females
All other piercings	-	Approximately 6-12 weeks

Minimising Infection Risk Guidance Tips:

Handwashing is the single most important method to reduce the risk of infection. Always wash your hands before touching your piercings.

The First Day

It is not necessary to use cleaning products on the first day/evening after you've been pierced.

The Second Day (after piercing)

The next morning **start** the daily cleaning routine. This should be followed religiously! Clean your piercing 2 to 3 times a day and immediately after working out.

Cleaning Routine

- Wash your hands and soak cotton buds into your preferred aftercare solution (Saline/Sea salt & water/Distilled Witch Hazel/Distilled Lavender Oil/3% Hydrogen Peroxide) and use to soften the dried plasma and fluids that form the sides of the piercing against the jewellery.
- Rinse off the entire product in the shower or by using cotton buds and water.
- Move the jewellery back and forth to ensure no product is left behind.
- Dry with cotton buds and do not touch until next cleaning.

Oral Piercings

- Rinse with alcohol free mouthwash after every time you eat and especially after smoking for the first week.
- Do suck on ice cubes or ice lollies to reduce soreness and swelling.
- **DO NOT** have oral contact with genitals of any kind for 3-6 weeks as you will risk an infection.
- Be careful when eating and chew food slowly on one side.
- Have your tongue bar downsized in 6 weeks.

Remember

All pierced regions will tend to swell immediately after treatment, and the item of jewellery you have inserted will be designed to accommodate this. If your piercing seems infected (hot, sore, swollen, red or discharges an above normal level of fluid or mucus) clean more frequently and **do not remove** your piercing as it can seal the infection inside the body.

If in doubt, or have any additional questions please get back in touch.
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