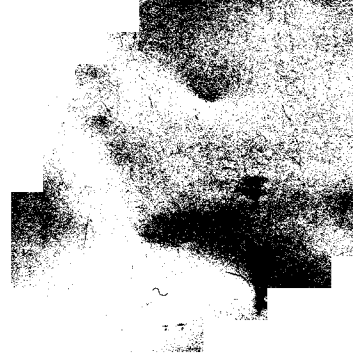


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Aftercare Instructions

Oral Piercing

Oral piercing heals rapidly. Because the interior of the mouth is very soft, most people experience chafing caused by the jewelry. Mild swelling may occur as well. An antiseptic mouthwash should be used after meals and before bed or up to 5 times a day. Listerine contains alcohol, which may prolong the healing process. Tech 2000 and Biotine work quite well. Caution: smoking is damaging to the healing process and should be avoided for the first week. If you must smoke, take very light, easy drags to cause as little suction as possible. Do not drink through straw during the healing process and do NOT drink beer. Try eating soft foods and take your time. A film may develop on the tongue: this is natural and will go away after healing process. Occasionally tighten the balls on the shaft; they can become loose over time. Hold one end and twist the other clockwise. Avoid alcohol, caffeine, aspirin, or any other drugs that may thin out your blood. Like any other piercing, a discharge of white blood cells usually occurs, this looks like puss, and it will go away after the healing of the piercing. Swelling lasts 4-10 days depending on the individual.

Skin Piercing

Skin piercing varies in healing times due to jewelry, depth, location, and any irritation while healing. Eyebrows, ear lobes, and lips are usually no longer sensitive after 2-3 weeks, and are completely healed after an additional 3 weeks. Navels, cartilage and nipples may take bit longer depending on the individual. These can take anywhere from 8 weeks to one year. These piercing should be cleaned 2-3 times a day with an antimicrobial soap (Satin soap), then rinse off with water. Non-iodized sea salt fights bacteria. Use 1/8 of a teaspoon mixed in 8 oz. of warm water, put the solution in shot glass size cup and form suction over the piercing, once a day for 10 minutes, rinse off with water. If you cant create a suction over a certain piercing (nose, ear parts) take a cotton ball/ gauze and dip into the sea-salt water and apply on the piercing, repeat this process for 10 minutes and then rinse off with water. Never use alcohol and peroxide.

A discharge of white blood cells usually occurs, this looks like puss; it dries into crust (called "smeg") and hardens on the jewelry. Only remove when cleaning, never pick or rotate the jewelry when crust is presented. Soften the crust with warm water and antimicrobial soap. Do not use Neosporin or any other oil based ointments. They block pores and don't let the tissue breath. Saline solution is good for removing inflammation but has no antibacterial properties, so it should be used in conjunction with antiseptic. Do not touch the piercing except when cleaning. Dirty hands are # 1 cause of infection. Avoid restrictive clothing which may irritate the piercing. Redness, soreness, and fluid discharge are common while healing. Continue cleaning regularly during the healing process. Even after it appears healed on the outside, it may still be healing internally. If you are planning on getting into the pool or ocean, it may be a good idea to pick up some Tegaderm. These bodies of water can harbor bacteria harmful to your piercing. Tegaderm is breathable, non-water preamble wound sealant that can help to prevent infection. It can be found at any local pharmacy.

Genital Piercing

Genital piercing usually heal rapidly depending on the piercing. Most require abstinence for 2-3 weeks or longer. Your urine is sterile to your own body, so contamination from your own fluids is not possible. Male genital can be cleaned basically as skin piercing, but with greater frequency. Female genitalia should be cleaned in the same manner, except clean the area around the piercing. Antibacterial and antimicrobial solutions can kill the natural bacteria inside the vaginal canal, which guard against infections. Cotton underwear is recommended over synthetic material during the healing process. Any genital piercing is more sensitive to sexually transmitted diseases.