

## Important Information About Your Piercing

### ***Pre-Care Instructions***

Designed to limit bleeding & skin sensitivities during the service.

- Shower before your piercing & come with your hair pulled back, away from the treatment area
- Stay hydrated - drink lots of water & try to get plenty of sleep before your piercing
- Eat something light before the service to neutralize blood sugar
- No alcohol or blood thinners 24 hours before the piercing
- No caffeine the day of the piercing - it can make you jittery & increase blood pressure which can cause more bleeding
- Avoid fish oil, prenatal vitamins, nutritional shakes & 'Hair-Skin-Nails' Supplements - they can increase bleeding time & thin the blood
- Note that if you smoke cigarettes, you may have slower healing times due to lack of oxygen in the skin
- Reschedule if you are feeling sick or have flu-like symptoms
- Please note: One may be more sensitive during their menstrual cycle.

### **Healing Times:**

- Lobes: 6-8 Weeks
- Cartilage: 3-6 Months
- Nose: 3-6 Months

This is the minimum amount of time needed to heal before it is safe to change your jewelry. Some individuals will heal faster while others may take longer. Please be aware these are initial healing times - most piercings will take years before they can be without jewelry for any extended length of time without shrinking or closing.

\*\*Multiple piercings healing simultaneously may result in longer healing times

### ***Basic Cleaning:***

- Always *wash your hands* prior to cleaning your piercing
- Spray *TBJ Aftercare Solution* on piercing to liberally flush the piercing
- You may need to *use a Q-Tip* to clean away debris or "crusties" that may have collected on the jewelry around the piercing
- It is not necessary to rinse the cleaning solution off
- Clean your piercing *twice daily*

### ***What to Avoid with a Healing Piercing:***

- *Avoid touching your piercing* - except when cleaning, after washing your hands.
- *Avoid removing your jewelry* - new piercings shrink the moment jewelry is removed, making it painful or impossible to get back in.
- *Avoid overcleaning your piercing* - it can slow the healing process & cause more harm than good
- *Avoid using any aftercare products or ointments not recommended by your Piercer*
- *Avoid lotions & make-up in or around your piercing*
- *Avoid sleeping with wet hair* - the moisture can lead to complications
- *Avoid pools, hot tubs, lakes, rivers, etc.*

### **Additional Suggestions:**

- Taking a multivitamin containing zinc & vitamin C can boost your body's healing abilities
- Reminder: Increased stress, poor diet, drug abuse or illness can cause extended healing times
- Make sure your bedding is clean - especially if you have pets at home
- Shield piercings from hair spray & styling products
- Clean your cell phone frequently & avoid contact with unclean phones
- If you feel your piercing is infected, contact TBJ or your physician right away! Though we are not doctors, we're happy to give suggestions based on our experience.
- Reminder: It is normal to have some *redness, tenderness, swelling, discharge at the piercing site, rash, unexpected drainage from the site or a fever* within 24 hours of the piercing