

The Piercing Shop — Navel, Nipple, Eyebrow and Surface

 thepiercingshopbrisbane.com/navel-nipple-eyebrow-surface

HEALING

Everybody heals completely differently and healing times vary based on how you care for it and the type of piercing.

- At first, your piercing will feel tender around the piercing site.
- You may notice that the site appears slightly red or bruised. This should start to subside after the first couple of weeks.
- Your piercing is not completely healed until the skin has formed all the way through the hole. This can take some time but with regular cleaning and care, you can ensure your piercing looks healthy while it is healing.
- Typically, these piercings can take 6 - 12 months to fully heal.
- If you are worried about how your piercing is healing, please come visit us at the shop.

SWELLING

It is normal for your piercing to swell immediately after being pierced.

Most piercings require longer jewellery for the initial healing period to allow for swelling.

- These piercings can be deceptive and may not show noticeable signs of swelling but be assured that it is there.
- When the jewellery is too short, it does not allow for swelling. This can cause problems such as embedding (when it sinks in) and infection.
- To help reduce swelling we recommend using ice on the piercing area for at least 10mins a day.
- It is important that the ice/icepack is to be wrapped in a clean/fresh paper towel or cloth at each use to avoid freezer burn.

- Applying ice after knocking or bumping your piercing can also help prevent your piercing flaring up and getting irritated.
- Applying ice is also recommend if you sleep on your piercing.
- Using ice will reduce the swelling, which will in turn reduce the pressure and relieve the pain.
- Re-freezable ice packs are available for purchase.
- Alternatively, wet cotton pads placed in the freezer can be a gentle option.

CLEANING

It is crucial that you keep your new piercing clean during the initial healing period and beyond.

Apply your cleaning solution with a cotton bud to your piercing and around the piercing site.

- Using a cotton bud will allow you to be more precise with cleaning and allow you to gently remove any build-up and remember to clean the inside of your nose too.
- Keep your cleaning regime simple. Do not use multiple cleaning products and try not to 'over love' your piercing.
- We recommend cleaning your piercing 2-3 times a day: once in the morning and before going to bed.
- If you feel your piercing needs more cleaning, an additional clean can be performed during the day.
- Ensure you clean your piercing AFTER the shower.
- If you like hot showers AVOID getting hot water directly on your new piercing as it can be detrimental to the healing process.
- If you did not purchase a cleaning solution in store, you can make a saltwater solution outlined below
- We recommended that the solution is made in batches to allow greater accuracy to the ratio, ensuring it is not too strong which can be drying and irritating to skin.
- Ensure your solution has cooled completely before use.

MAKE A SALTWATER SOLUTION AT HOME BY DISSOLVING A ¼ TSP OF NON-IODISED SALT IN 100MLS OF WARM WATER. STORE IN A CLEAN, SEALED CONTAINER FOR FUTURE USE.

CHANGING JEWELLERY

If you don't feel comfortable changing your jewellery, no problem, we can help! We offer a jewellery change service for a small fee.

- It will generally take 10-12 weeks before your piercing has settled enough to change jewellery. It won't be completely healed at this time so continue to exercise care.
- When changing jewellery yourself, ensure your hands are washed and clean **BEFORE** touching the piercing and new jewellery.
- We also recommended that you clean your new piece of jewellery (ideally with isopropyl alcohol) prior to use.
- If changing to dangly jewellery it is not recommended to wear them 24/7 as they can

get caught on clothing and bedding, causing troubles during healing.

HELPFUL HINTS

Always wash your hands thoroughly before touching your new piercing. It is an open wound and hands carry many germs and bacteria that can be transferred to your piercing and cause problems.

- If you have threaded jewellery, regularly check to ensure the balls/ends are tight. Hold onto one side of your jewellery and turn the other; right to tight or left to loosen. For ear studs with a butterfly backing regularly check that the back has not moved forward on the post, reducing the amount of length on your jewellery.
- We recommend keeping long hair pinned or tied back during the initial healing and beyond to reduce potential problems such as catching or snagging.
- Try not to introduce things like make-up, moisturiser, spray tan, glitter, fluff and sand etc. to the piercing site as this impedes and slows the healing process and could potentially lead to infection.
- Wash your pillowcase, bed linen and bath towel regularly throughout the life of your piercing.

- Try to avoid sleeping on your piercing for as long as possible. Neck pillows and the like can aid in this.
- Try to avoid sleeping with pets during the initial portion of healing as this can impact the successful healing of your piercing.
- Swimming in the ocean, your home or local swimming pool after a piercing is fine as long as you clean the piercing site afterwards. Avoid heated spas, dirty creek water etc. for as long as possible.

REMEMBER PIERCINGS CAN TAKE SOME TIME TO HEAL COMPLETELY. THIS CAN TAKE MONTHS OR IN SOME CASES, YEARS. CONTINUE TO CLEAN AND CARE FOR YOUR PIERCING FOR AS LONG AS POSSIBLE.

We provide full after care services for the life of your piercing. If you are experiencing excessive swelling, excessive redness, bleeding after the first week, lumps or bumps at the piercing site, you should come back to see us as soon as possible. Either drop by the store, give us a call, or contact our social media for more information and advice.
