



BODY CULTURE PIERCING

AFTERCARE GUIDE

THANK YOU FOR CHOOSING BODY CULTURE PIERCING. YOUR PIERCING WAS PERFORMED USING ASEPTIC TECHNIQUE AND QUALITY ASSURED BODY JEWELLERY. AFTERCARE FOR YOUR NEW PIERCING IS ESSENTIAL TO ENSURE NORMAL HEALING PROCESS AND THE LONG-JEOPARDY OF YOUR PIERCING. IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT BODY CULTURE PIERCING ON (08) 8353 7650, VIA FACEBOOK OR VISIT US IN STORE.

> **CLEANING SOLUTIONS:**

Packaged isotonic sterile saline is a gentle choice for piercing aftercare. Follow directions on the label.

> **CLEANING INSTRUCTIONS FOR YOUR BODY PIERCING/S:**

WASH your hands thoroughly prior to cleaning or touching your piercing for any reason.

STERILE SALINE SPRAY should be applied directly to your piercing at a distance of 5-10 cm. This solution should be used two to three times a day or as directed by your piercer. Replace the cap to the saline spray bottle after each use. Do not rotate the jewellery through the piercing.

DRY by allowing your piercing to air dry or gently dabbing your piercing with clean, disposable paper towel. Avoid cloth towels as they can harbor bacteria and snag on jewellery, causing injury.

> **NORMAL PHASES OF HEALING:**

Initially: Some bleeding, localised swelling, tenderness, or bruising.

During healing: Some bruising, tenderness, itching and serous fluid (not pus) secretion will form a hardened crust around the piercing site. The buildup of dried serous fluid and granulation tissue may tighten around the jewellery as it heals.

Once healed: The jewellery may not move freely in the piercing; do not force it. A piercing may seem healed before the healing process is complete. This is because tissue heals from the outside in, and although it feels fine, the subcutaneous tissue around the jewellery remains fragile. Be patient, and keep cleaning your piercing throughout the entire healing period. Even healed piercings can shrink or close within minutes after removing jewellery, regardless of the period of time you have had them.



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IT IS IMPORTANT TO REMEMBER THAT EVERYONE HEALS DIFFERENTLY. THERE ARE NUMEROUS FACTORS TO CONSIDER WHICH CAN AFFECT OR DELAY THE TIME IT TAKES FOR YOUR PIERCING TO HEAL. EXAMPLES BEING HOW WELL YOU TAKE CARE OF YOUR PIERCING, YOUR OVERALL HEALTH AND LIFESTYLE AND THE AREA OF YOUR NEW PIERCING.

> WHAT TO DO:

- Maintaining a healthy lifestyle aids in wound healing which includes your new piercing.
- Exercise during healing is generally fine, listen to your body and address any concerns with Body Culture Piercing.
- Make sure your bedding is washed and changed regularly. Wear clean, comfortable, breathable clothing that protects your piercing while it is healing.

> WHAT TO AVOID:

- Avoid moving jewellery in an unhealed piercing, or picking away dried serous discharge.
- Avoid cleaning with Betadine, alcohol or hydrogen peroxide as these can damage cells. Also, avoid ointments or barrier creams as they prevent necessary air circulation.
- Avoid over-cleaning. This can delay your healing and irritate your piercing.
- Avoid undue trauma such as friction from clothing, pressure, excessive motion to the area and playing with the jewellery. These activities can cause the formation of unsightly and uncomfortable scar tissue, migration, prolonged healing, and other complications.
- Avoid submerging the piercing in water such as baths, pools, hot tubs, etc.
- Avoid all beauty and personal care products on or around your unhealed piercing which includes cosmetics, lotions, and sprays, etc.



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> HINTS AND TIPS FOR JEWELLERY:

ALL BODY ARE PIERCINGS ARE PERFORMED USING 316 LVM ASTM F-138 IMPLANT GRADE STAINLESS STEEL OR 6AL4V ASTM IMPLANT GRADE TITANIUM. THE SAFEST IMPLANTABLE METALS IN ACCORDANCE WITH EVIDENCE BASED RESEARCH.

- Unless there is a problem with the size, style, or material of the initial jewellery, leave it in the place for the entire healing period. Visit Body Culture Piercing to perform any jewelry change that becomes necessary in an unhealed piercing.
- Leave jewellery in at all times. Even old or well-healed piercing can shrink or close in minutes even after having been there for years. If removed, re-insertion can be difficult or impossible. If you like your piercing, keep the jewellery in. Clear retainers are an option if you need to conceal the piercing.
- Should you decide you no longer want the piercing, simply remove the jewellery (or visit us to remove it). In most cases, only a small mark will remain.
- If infection is suspected, jewellery should be left in place to allow for drainage of the infection. If the jewelry is removed, the surface cells can close up, which can seal the infection inside the piercing fistula and result in an abscess and potentially, a systemic infection. Do not remove jewellery unless instructed to by a medical professional.