

[General instructions for the care of your new piercing](#)

[Oral Piercings ~ Labret, Lip, Beauty Spot & Cheek](#)

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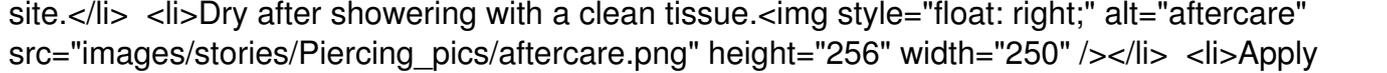
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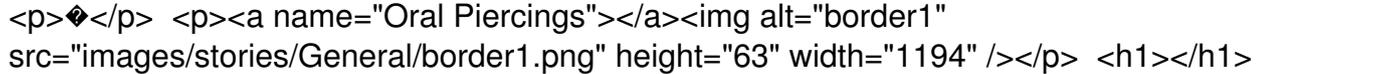
**General instructions for the care of your piercing**

- Your hands must be clean when ever you touch your piercing.
- Excess cleaning or touching disturbs and slows down the healing process.
- Clean in the shower - it's the best time to remove any dry build up and gently move the jewellery up and down or rotate. Avoid soaps at the piercing site.
- Dry after showering with a clean tissue.
- Apply aftercare product onto the jewellery at the entry and exit sites ensuring that it penetrates into the piercing would and not onto the surrounding skin.
- Clean twice daily only as excess cleaning will hinder the healing process, If your piercing is slow to heal try a different antiseptic lotion, a mild saline (salt) solution is excellent.
- Do not mix products - use only one. If the healing process is slow change to another product.
- Water soluble products are best. Avoid creams as they clog the site and hinder the healing process.
- Avoid drying products such as methylated spirits and peroxide.
- Mouth wash products are for oral piercings only and may hinder the healing process if used on other sites.
- Avoid tongue or oral sexual contact at the site for four weeks.
- With all oral piercings, a new tooth brush is recommended immediately for teeth and gently cleaning the tongue.
- Avoid baths, spas and public pools during healing.
- Your healing time depends on your own body's ability to heal, it can take anywhere from six weeks to six months to completely heal.
- Your piercing may appear to be healed on the surface but deeper healing takes many weeks.
- Good diet, multi vitamins and/or zinc tablets may aid healing.
- Stud guns should be used on ear lobes only and not used on cartilage due to potential damage.
- Don't change the jewellery in you new piercing for at least 2 months.

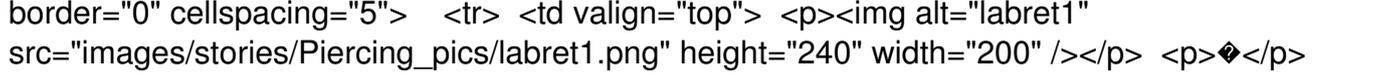
**See your Body Piercer if you have questions. Seek medical advice promptly if you have concerns.**

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[Oral Piercings](#)

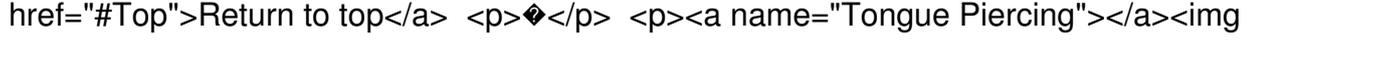


**Oral Piercings ~ Labret, Lip, Beauty Spot & Cheek**


Rinse with antiseptic mouth wash twice daily.
Dilute mouth wash to half strength after the second day.
Do not touch excessively with fingers or tongue as this will slow the healing.
New piercings in a moist zone are vulnerable to cross-contamination of high risk diseases.
Be aware of health issues during sexual contact.
Ask you pharmacist to recommend an anti-inflammatory tablet to reduce swelling if needed.
Tighten barbell/labret daily.
Tighten the barbell/labret balls by turning clockwise.

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[Tongue Piercing](#)



alt="border1" src="images/stories/General/border1.png" height="63" width="1194" /></p><p>◆</p><h1><strong>Tongue Piercing</strong></h1> <table border="0" cellspacing="5"><tr> <td valign="top"> <p></p> <p>◆</p> </td> <td valign="top"> <p>In the first 24 hours, keep your mouth cool by sucking on ice, sipping cold drinks and eating soft cool non-spicy foods. This will help to reduce the potential of swelling.</p> <p>Reduce the mouth wash to half strength after the second day.</p> <p>You have a longer bar than needed to allow for swelling.</p> <p>Return to your piercer to change down to a smaller length 10-12 days after the piercing, tighten the balls daily.</p> <p>Avoid moving the barbell excessively as this will stress the tongue and may chip your teeth.</p> <p>Anti-inflammatory tablets may be used to reduce the potential of swelling.</p> <p>Avoid alcohol, smoking and oral sex for four weeks.</p> <p><strong>Contact your piercer immediately if swelling creates pressure.</strong></p> <br /></td> </tr> </table> <a href="#Top">Return to top</a> <p>◆</p> <p><a name="Ear Lobe & Cartilage Piercings"></a></p> <p>◆</p> <h1><strong>Ear Lobe & Cartilage Piercings</strong></h1> <table border="0" cellspacing="5"> <tr> <td valign="top"> <p></p> <p>◆</p> </td> <td valign="top"> <p>Ear lobes generally heal well but cartilage piercings can often be difficult due ot the lack of white blood cells to fight infection.</p> <p>If infection sets in, it can become a serious problem if left unattended.</p> <p><strong>Please seek help promptly if you have any concerns.</strong></p> </td> </tr> </table> <a href="#Top">Return to top</a> <p>◆</p> <p><a name="Nose Piercing"></a></p> <p>◆</p> <h1><strong>Nose Piercing</strong></h1> <table border="0" cellspacing="5"> <tr> <td valign="top"> <p></p> <p>◆</p> </td> <td valign="top"> <p>Follow general instructions carefully.</p> <p>Apply a padded band-aid each night for the first week to hold jewellery secure until the site firms up.</p> <p>Don't change the stud for six weeks.</p> <p>Take care when showering and drying as the stud is easily dislodged.</p> <br /></td> </tr> </table> <a href="#Top">Return to top</a> <p>◆</p> <p><a name="Navel, Nipple & Eyebrow"></a></p> <p>◆</p> <h1><strong>Navel, Nipple and Eyebrow Piercing</strong></h1> <table border="0" cellspacing="5"> <tr> <td valign="top"> <p></p> <p>◆</p> </td> <td valign="top"> <p>These are all challenging sites for healing.</p> <p>Follow general instructions carefully</p> <p>Apply a cover if desire for the first few days.</p> <p>Do not touch or let others touch your piercing.</p> <p>Tongue play or oral contact should be avoided for four weeks.</p> <p>Be aware of knocks when playing sports and wearing tight clothing, belts or sunglasses.</p> <p>Keep a check on hair that touches or may be drawn into the site.</p> </td> </tr> </table> <a href="#Top">Return to top</a> <p>◆</p> <p><a name="Dermal Anchor"></a></p> <p>◆</p> <h1><strong>Dermal Anchor or Micro-Dermal Implant</strong></h1> <table border="0" cellspacing="5"> <tr> <td valign="top"> <p></p> <p>◆</p>

</td> <td valign="top"> <p>Micro Dermal Implants are made of fine quality titanium to assist bio-compatibility and to minimise negative metal reactions or responses.</p> <p>The anchors have small holes through the base to allow the body tissue to grow through and hold them firmly in place.</p> <p>Micro-Dermal implants/anchors generally heal very well after insertion, however, if infection sets in, it can become trapped and become a serious problem if unattended.</p> <p><strong>See your piercer immediately if you are concerned.</strong></p> <p><strong><br /></strong></p> </td> </tr> </table> <a href="#Top">Return to top</a> <p>◆</p> <p></p>