



AFTER CARE

It is important to keep your new piercing clean, avoid touching it. Avoid getting soap, makeup, hair or beauty products near your piercing, if contact is made rinse with saline solution right away. **Swimming** in the ocean or pool is ok as long as it is being rinsed with saline solution. **If you are a smoker** and getting a piercing in or around your mouth, be sure to rinse after every smoke.

Saline Solution: Add **ONE teaspoon of SALT** to **ONE cup of WATER**, either warm or cold mix until salt dissolves and soak your piercing for 1-2minutes. To clean any crust use an ear bud, use opposite ends for top/bottom front/back respectively. **Avoid cotton balls** as the fibres can become trapped which could cause infection.

When cleaning check the Butterflies or Ball/s are on nice and tight.

Ear/Nose: Soak **TWICE A DAY** with saline solution. **AVOID TOUCHING**, Make sure your new wound doesn't catch on glasses, any clothing, hair getting stuck in piercing or is rubbing against anything, this will slow the healing process.

Nose: Use a band-aid at night to keep it from falling out while sleeping, removing it carefully in the morning making sure that jewellery doesn't get pulled off with it, once it is healed you may put your preferred jewellery in and it will no longer need to be secured at night.

Average healing time Nose: 2-3 weeks. Ear with Needle: 3-6weeks. Ear with Gun (lobes): 6-8 weeks.

Eyebrow: Soak **TWICE A DAY** with saline solution. Make sure your new wound doesn't catch on glasses or on any clothing or is rubbing against anything; this will slow the healing process.

Average healing time: 2-3 weeks

Tongue: A Tongue piercing needs to be rinsed with saline solution **Every time** you eat, drink or smoke an easy way to achieve this is by keeping a bottle of saline solution near you for the whole duration of the healing process. For the first 24hours of your new piercing eating ice cubes, ice blocks will help reduce the swelling. **AVOID** dairy products and tongue kissing by doing this it may delay healing time and or cause infection. Do not play with your tongue bar. By doing this it can cause damage to your tongue, teeth and gums. You may change to a shorter bar once your piercing is healed. Jewellery with plastic balls are recommended.

Average healing time: 10 days

Lip: Soak the outside of your lip in saline solution and rinse the inside of your mouth **TWICE A DAY**. It is possible for the skin to heal over the plate on the inside of your lip. To avoid this gently pull the plate away from the inside of you lip. Do this every 3-4 hours for the first TEN days. You may smoke but clean your mouth out with saline solution after every cigarette. **Average healing time: 2-3 weeks**

Belly/Nipple: Soak with saline solution **TWICE A DAY**. Make sure your clothing isn't making direct pressure onto your piercing. Do not cover your piercing with band-aid or tape as this will cause it to sweat and increase your risk of infection. If your stomach folds when you are seated please allow a longer healing period for your navel piercing.

Average healing time Belly/Nipple: 2-6 months

If you are not allergic to Lavender essential oil use by applying a drop on either side of the piercing can help speed up the process. It is known for its anti-inflammatory, antifungal, antidepressant, antiseptic, antibacterial and antimicrobial properties. Tea tree oil has been long valued for its antifungal, antibacterial and antiviral properties. It is used to help clean wounds and prevent infections.

Body piercings, You were pierced using a Surgical Steel bar.

Ear piercings using a gun, you were pierced using Studex Surgical Stainless Steel studs.

For any questions or concerns please do not hesitate to contact

Hipsta Palmerston North: 06 356 2826

palmy@hipsta.co.nz

Hipsta Waikanae Piercing Studio: 04 293 5471

piercings@hipsta.co.nz

Hipsta Napier Piercing Studio : (06) 833 6169

napier@hipsta.co.nz