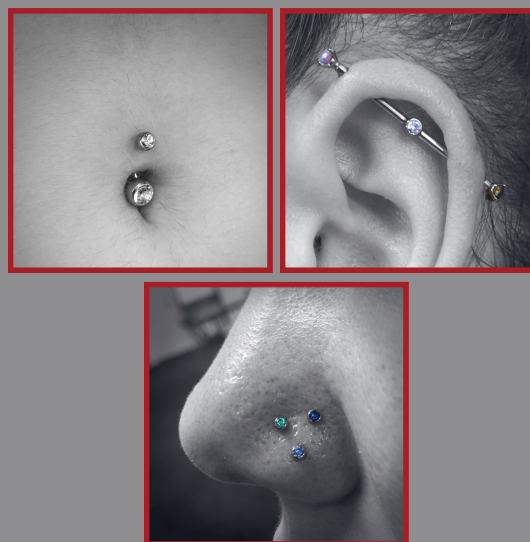


# How Your Jewellery WORKS



Piercing HQ proudly uses only implant grade body jewellery in every piercing we do. You can rest assured that your jewellery will last as long as you do - so if you have any jewellery problems please let us know.

**All of our clients enjoy the benefit of UNLIMITED aftercare support for the life of your piercing.**

**We will help you throughout the entire healing process.**

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**Piercing Aftercare**



**PROUD MEMBER**  
VERIFY AT [SAFEPIERCING.ORG](http://SAFEPIERCING.ORG)

## Tips & Tricks

- A small amount of bleeding, bruising, and swelling is normal.
- Secretion of a clear to creamy fluid is normal.
- Keep your bed linen clean while your piercing heals.
- Don't pick at dry secretions. Hands off!
- Remember to come in for your downsize.
- Ear and nostril piercings do not respond well to being caught or knocked. If you get a bump please come and see us. We can help.

“Our aftercare philosophy is simple - a healthy body can usually heal a fresh piercing beautifully when it is allowed to do so.....”

- Don't use any chemical aftercare products. These include alcohol swabs, tea tree oil, and chemical aftercare sprays.
- Avoid sleeping on fresh ear piercings. Travel pillows are helpful here.
- Bathrooms can be a dangerous place for fresh piercings. Slow down!
- Don't ask Dr Google if you're having a problem. Talk to us.
- Don't remove jewellery from an infected piercing. Our jewellery isn't causing the infection so treat the infection with the jewellery in place.
- We recommend aftercare routines after showering.

## General Aftercare

### SALT WATER SOAK ROUTINE

MORNING AND NIGHT

1. Wash your hands.
2. Mix 1/4 tsp of sea salt - spoon provided - with 1 cup / 250mls of warm clean water.
3. Thoroughly soak your piercing in the salt water for 2-3mins.
4. Gently remove any softened dried matter from the piercing with a fresh cotton bud.

Jewellery should remain in your piercing at all times for at least the first 12 months. The only time it should be taken out is to replace it immediately with a piece of our equivalent quality or for a downsize of your initial jewellery. We will happily do this for you.

### WOUND WASH ROUTINE

MAY REPLACE 1 SALT WATER SOAK PER DAY.

1. Wash your hands.
2. Spray the piercing entry and exit holes with wound wash sterile saline.
3. Gently remove any softened dried matter from the piercing with a fresh cotton bud.
4. Leave to dry naturally.

**Avoid moving your jewellery.**

## ORAL Piercings

1. Rinse thoroughly with salt water, cold water, or alcohol free mouthwash after eating or smoking for 2 weeks.
2. Purchase a new toothbrush.
3. Eat and drink plenty of cold foods and liquids in the first 48hrs.
4. Avoid smoking, alcohol, and spicy foods in the first week of healing.
5. Check the balls on threaded jewellery at least once each day.
6. Remember to downsize your jewellery after 2 weeks to minimise tooth and gum damage.

**"An ounce of prevention is worth a pound of cure."**

## SWIMMING

Don't put your fresh or irritated piercing into any water that you would be concerned about swallowing for the first 2 weeks.

Rivers, lakes, dams, and public swimming pools usually contain high levels of bacteria which can cause an infection in fresh piercings.

Surf beaches are usually good for fresh piercings if you do swim but be careful not to knock your piercing around.

If you are at all concerned about the water quality rinse your piercing thoroughly afterwards with saline or fresh clean water.