

SUGGESTED AFTERCARE & JEWELRY MANUAL



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Thank you for choosing us!

We are so glad you have trusted us with your piercing needs. Having the courage to actually get that piercing you've always wanted may seem like the hard part but the real challenge isn't the procedure, it's caring for your new piercing. The trusted professionals at Needful Things, Inc. and Pleasures of the Flesh have put together this manual to help you through this process and to give you the tools to properly care for your beautiful new jewelry.

Our healing philosophy is simple: Let your body do its job. The ability to heal your new piercing depends on your commitment to your aftercare routine. It's important to integrate your piercing care as a part of your daily routine. Neglecting this daily care can result in healing issues. Piercings can become irritated for a variety of reasons including, but not limited to, what you're using to clean your piercing, playing with the jewelry, or allowing the piercing channel to become clogged with beauty products or soaps.

Remember: Chemicals will not heal your piercing, that's your body's job. That means we do not suggest the use of harsh chemicals, soaps, essential oils, or ointments. Through our years of experience, we have found that these products can actually delay healing. Our aftercare utilizes body neutral sterile saline.



SIMPLE CLEANING GUIDELINES

- 1.) Follow these simple steps 2-3 times daily
- 2.) Wash your hands thoroughly.
- 3.) Spray your piercing's entrance and exit holes with your sterile saline solution (H2Ocean or Nielmed Wound Wash).
- 4.) Wipe any crusty discharge or debris off your jewelry with non-woven gauze saturated with saline.
- 5.) Pat the piercing dry with non-woven gauze.

ONCE DAILY

Rinse your piercing with fresh water in the shower. This should help loosen any very hard crusty matter that could form on the jewelry. After you shower repeat steps 1 - 5.

ORAL PIERCING SPECIFICS

Throughout your day, rinse with filtered bottled water after eating, snacking, or drinking anything other than water. This will ensure food particles are unable to enter the piercing site. Rinse with an alcohol-free mouth wash (Biotene) 2-3 times daily. Be sure to use a new soft bristle toothbrush. Drinking cold water frequently helps relieve swelling. Elevate your head while sleeping with an extra pillow to reducing swelling.

Take care to avoid spicy, acidic or extremely hot food (i.e. coffee or soups) for the first few weeks. Ensure you're taking small bites and are careful while chewing as large bites can result in possible ripping or tearing of the piercing site. Avoid any activities where bodily fluids may be shared (sharing beverages). Avoiding and limiting smoking or tobacco use during healing can result in speedier healing, while continued use can negatively affect your healing time.

TIPS & TRICKS

We strongly encourage our clients to make an effort to live a healthy lifestyle guided by a medical professional because healthy bodies heal piercings best.

Proper sleeping schedules are vital to your health and the health of your piercing.

Something as simple as clean sheets can help to prevent complications. Using a clean t-shirt over your pillow and changing it or your pillow case regularly can help protect your healing facial or ear piercing.

Also, the use of a travel pillow can help to prevent sleeping directly on your new ear piercing.

If you have problems or questions, just ask. Are you unsure if crusting is normal or how to make that pesky bump go away?

Do not hesitate to contact our studio for a consultation. We are here to ease even your slightest concern, but we can't help if we don't hear from you, so feel free to contact us!

WHEN TO SEEK MEDICAL ASSISTANCE

While infection is rare (most problems are not an infection), it's essential to seek professional medical assistance at the very first sign of infection. Symptoms of an infection can include, but are not limited to, the following:

- Sudden onset of swelling
- Excessive bleeding
- Yellow, green, or dark fluid discharge
- Excessive redness
- Red stripes coming from piercing site
- Fever
- Upset stomach
- Dizziness or vomiting

* Should any of these symptoms occur, immediately contact a doctor or medical professional.

WHAT TO AVOID

Avoid touching your piercing, with unwashed hands in particular. Contamination of the piercing site from touching the area with unwashed hands could result in infection!

Do not remove your jewelry during healing, unless instructed to do so by a medical professional. Even if you're needing to have your jewelry removed for a medical procedure, please contact our studio for possible alternatives that are safe for wear during most procedures. Even healed piercings will shrink when jewelry is removed, potentially resulting in loss of the piercing.

Things happen and sometimes, for one reason or another, your jewelry is removed from your piercing and you can not reinsert your jewelry. Please contact our studio so we can attempt to reinsert the jewelry. Even when you're sure the piercing site is closed, it is still possible that it may be opened with our assistance so come see us!

Prevent makeup, health and beauty products, suntan lotion, and other cosmetics from touching the piercing site or jewelry. Harsh chemicals, including "natural" aftercare products like tea tree oil, are not suggested! We strongly suggest against the use of any product other than a sterile saline solution such as H2ocean or Neilmed Wound Wash. It is important to avoid swimming while healing a new piercing. Swimming can result in an infected or irritated piercing. Do not rotate, twist, or turn jewelry while healing, as this damages your piercing channel.



JEWELRY OWNERS MANUAL

Thread-less, or push-pin style, jewelry

Gently bend or kink your thread-less end. This tension holds the end in place. Insert the end into the post. You may even hear a faint “snap” as the end locks into place. To remove, pull the end and post in opposite directions. Sometimes using a slight twisting and pulling motion is helpful.

Threaded Jewelry

Hold the back securely and twist the opposite end in a clockwise (tight) /counter clockwise (loosen) fashion. Check the tightness daily to help prevent losing jewelry.

Captive Bead Rings

The ball does not screw in, it's held in with tension. It's easiest to place one indent of the bead on one side of the ring and pull the ring onto the other indent.

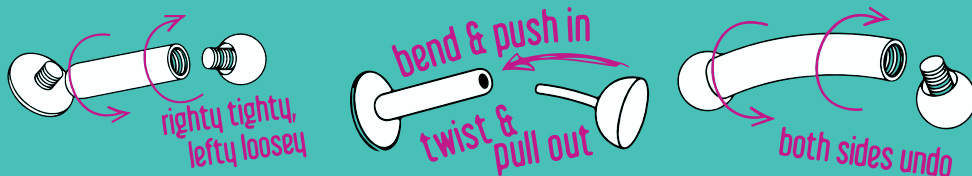
Fixed Bead or Continuous Rings

Fixed Bead or Continuous rings can be opened by bending along the center of the ring, making it into an S-shape.

Using Tools on your jewelry

Metal on metal contact can result in scratches or other damage that will necessitate replacing your jewelry. When in doubt, see the piercing staff of Needful Things, Inc. or Pleasures of the Flesh for an in-person tutorial on safe jewelry insertion and removal.

How to:



GEMSTONE MAINTINENCE

The gemstones that we sell are expertly hand set by the best jewelers in the body jewelry industry. Because of the quality of your jewelry, it's important to protect your investment!

Prong set gemstones can get cloudy if makeup is applied near or on the gemstone. Crusty matter that your body naturally produces while healing can also find it's way under the stone if proper aftercare isn't followed.

If you have multiple pieces of jewelry, a small personal use ultrasonic is a great way to clean your jewelry in between use and keep it looking beautiful. Another great option is using an oral hygiene water pick to flush out debris. Not all jewelry should be cleaned in an ultrasonic. Please contact your piercer before cleaning your jewelry to ensure proper care.

Anodized Jewelry

New titanium and niobium jewelry can have its color changed through the anodization process. This is a great way to make your jewelry look unique. It's important to remember that anodization will slowly fade over time. Anodization's shelf life can vary depending on the size and shape of the jewelry, and the lifestyle of the person wearing it.



PIERCING INFORMATION

Date:

Piercing:

Healing Time:

Apx. Downsize Date:

JEWELRY INFORMATION

Gauge:

Length/Diameter:

Style:

Material:

Thread Style:

☐ Flatback

☐ Titanium F136

☐ Internal

☐ Barbell

☐ Steel F138

☐ Threadless

☐ Circular Barbell

☐ Niobium

☐ Curved Barbell

☐ 14k Gold

☐ Captive Bead Ring

☐ Glass

☐ Nostril Screw

☐ Other: _____

☐ Surface Anchor

Your Piercer

☐ Surface Barbell

☐ Retainer

☐ Other: _____

Note:

Downsizing of jewelry is essential to the long term well being of your piercing. Jewelry charges and change fees will apply. Please see us for a free follow-up consultation 6 weeks from the date of your piercing.

NEEDFUL THINGS

2265 Main St.
Fort Myers, Florida 33901
239.332.4727

Pleasures of the Flesh

12875 S. Cleveland Ave.
Fort Myers, FL 33907
239.728.8282

10% OFF your first downsize post when bringing this back

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