



Piercing Aftercare Instructions

Products You Can Use:

1) *Wound Wash Saline*. Saline balances the saltwater levels in your healing cells, helping you heal faster! There are a few different saline solutions you can buy that will work: Arm and Hammer Simply Saline Wound Wash Saline®, or Sterile Saline Wipes. Avoid saline in plastic containers as it becomes contaminated after it is opened.

2) *Cotton Swabs or Gauze*.



How to Clean Your Piercing

Step 1) Wash your hands with hand soap and water.

Step 2) Rinse the piercing with saline (either directly from the can or applied with a cotton swab or gauze).

Step 3) If necessary, gently massage crusty material off jewelry with saline soaked gauze. Rinse again with fresh saline.

Do:

- Clean your piercing 2 to 3 times daily until piercing has healed.
- Expect a little bleeding and redness for the first week of healing.
- Contact your piercer if you have questions or concerns.
- Contact a doctor at the first sign of infection (pain, excessive swelling, darkly colored discharge or excessive bleeding).

Do Not:

- Touch or play with your piercing. Ever.
- Swim in pools, ponds, lakes, marinas, hot tubs, rivers, or any unclean body of water.
- Wear tight or constrictive clothing directly over your healing piercing.
- Introduce makeup, lotions, lip balm or other health and beauty aids into your healing piercing.
- Sleep directly on your piercing.
- Bandage (i.e. suffocate) your piercing.

Saline Soaks for Trouble Shooting

Heat a small amount of saline on a piece of sterile gauze or in a clean container in the microwave. Place this solution in a position that it will soak the piercing. For instance, hold a small glass over your navel or nipple piercing and lie back, or use the gauze soaked with warm saline for hard to reach piercings. Leave the warm saline on the piercing until it is cold, and then rinse the piercing with fresh saline. Warm compresses can make a big difference!

[Important information continued on back]

Special Care for Oral Piercings

Tongue, Lip, Labret, Cheek and other oral piercings require special care.

You Will Need:

- 1) Alcohol Free Mouthwash
- 2) Ice for tongue and cheek piercings (it may help a little for lip and labret piercings, too).

Rinse your mouth out with alcohol free mouthwash (Biotene®, Tom's of Maine®) after you eat, drink, smoke, or put anything in your mouth for the first 4 weeks. Do NOT rub oral jewelry up against teeth or gums. If you find this unavoidable, have your jewelry resized or remove your piercing entirely.

Tongues: Holding ice in your mouth, and even gently sucking on ice, can help with swelling. Avoid hot and spicy foods or hot drinks that will scald the tongue and increase swelling. No Kissing or Sexual Contact until the piercing has completely healed. Gently brush your tongue when you brush your teeth, it will help remove dead skin. Shorten your barbell after 2 or 3 weeks to avoid unnecessary damage to teeth and gums.

Lips/Labrets/Cheeks: Rinse your piercing on the facial side with saline solution to keep it balanced and help it heal faster.

Warning: Chemicals will not help you heal faster!

Chemicals upset the delicate balance of your healing piercing, therefore it is strongly suggested that you DO NOT USE any product containing active ingredients or any chemical you would be afraid to put in your eyes or mouth, including (but not limited to): antimicrobial soaps (Provon®), antibacterial soaps (Dial®, Softsoap®), Rubbing Alcohol, Hydrogen Peroxide, ointments (Bacitracin®, Neosporin®), Bactine®, Ear Care Solution, Piercing Care Solution, Betadine® or Hibiclens®.

Jewelry Matters

You have been pierced with the best jewelry available, in a scrupulously hygienic environment by professionally trained body piercers. Please respect your investment! Do not buy or wear jewelry bought from anywhere besides a quality body piercing establishment. Please ask for internally threaded, implant grade body jewelry to keep your piercing happy.

Infected Piercings

More often than not, people who believe they have an infection actually have an irritation, and adjusting the care will fix the problem. You can recognize a true infection by its relatively sudden inflammation and accompanying discharge of pus and/or blood. **If you suspect you have an infection, consult a doctor immediately!** Do not wait for it to get worse, and do not attempt a home remedy.

Keep Your Jewelry In!

Rockstar guarantees it's jewelry against manufacturers defect, **but we DO NOT guarantee against loss of the jewelry.** Keeping jewelry in and secure is the **customer's responsibility.** Push pin threadless ends and captive beads should be checked regularly for tightness, and threaded ends must be tightened and checked regularly as well. We recommend checking your jewelry DAILY with freshly washed hands (and gloved, whenever possible). If you lose your jewelry we must charge you for replacement parts and/or re-piercing.

Need Help or Advice?

Rockstar Body Piercing

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