

Cleaning your Piercing

The preferred healing method is to use a packaged, sterile saline solution - specifically labelled as 'wound wash'. This ensures that you're using the perfect quantities of sterile water and sodium chloride on your piercing! Your saline solution should contain .09% sodium chloride as the only ingredient.

How To

A piercing is an open wound and if kept clean, it will heal quickly and completely. If it gets dirty or is not cleaned regularly, it may become infected. Establishing a regular cleaning regimen is **VITAL** for healing your new piercing effectively!

Follow this method 2 times a day until your piercing is completely healed.

1) Always ensure to wash your hands thoroughly with soap before touching your piercing!

2) Use your NeilMed Piercing Aftercare Mist to rinse your piercing - aim the nozzle at your piercing and spray once from a distance of 2 to 4 inches, or as is comfortable.

We would also recommend saturating a sterile, non-woven piece of gauze, or a clean piece of Kitchen Roll, with NeilMed and gently holding this onto the piercing as a compress for 5 minutes. This method is particularly effective if you notice any crystallised proteins as this will help to soften them. You do not need to rotate or move your jewellery while cleaning or rinsing the piercing.

3) Moisture can lead to bacteria so it's important to dry the area afterwards by gently patting it with a clean piece of Kitchen Roll. Towels can snag on jewellery and harbour bacteria so don't use these!



INSERT WITTY TITLE ABOUT HOW TO AVOID MESSING UP YOUR NEW PIERCING


INSERT WITTY RESPONSE ABOUT HOW INFECTIONS ARE TOTALLY NOT COOL




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What to expect from your new Piercing




All piercings can be prone to tenderness, bruising, bleeding and some localised swelling - your piercer will use a longer piece of jewellery to accommodate for this. If it swells to the point that there is no room left on the bar, you must return so that we can replace it with a longer piece of jewellery!




It is normal to notice a clear, yellowy or milky coloured fluid weeping from your piercing during healing. It may crystallise when the air hits it, turning it into tiny scabs. This does not mean you have an infection, nor is this pus. This is protein, which is an important building block that your body sends to areas to build & repair tissue!




You should allow a minimum of 6-8 weeks before having your jewellery downsized. We strongly advise that you have your jewellery downsized once healed, however, early changes can result in swelling, reactions and worst case, an infection.




Submerging your piercing in bath water, bath salts and bubble bath can all negatively affect your piercing's healing - we would recommend taking showers instead until your piercing is fully healed! Similarly, avoid swimming and hot tubs during this time.



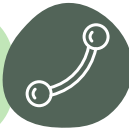
We would encourage you to regularly change your bed sheets and towels to reduce the risk of exposing your piercing to harmful bacteria.




Your piercing may appear to be healed before the healing process is actually complete. This is because tissue heals from the outside in! Ensure to continue cleaning your new piercing for the full recommended healing time as a minimum!



Avoid touching your piercing or jewellery during the healing process. Ensure that your hands have been thoroughly washed before you carry out the cleaning method.



The balls on the end of your jewellery can loosen over time so it's a good idea to check these periodically to ensure they are secure. With clean hands or a paper towel, hold both ends of the bar and gently screw the ball to tighten.




Piercing bumps can occur next to your jewellery. If you notice a piercing bump forming, please reach out to us for more information! The Camomile Tea compress (method below) is a great, natural method to adopt for reducing these bumps and for soothing your piercing.

1) Add a pure, caffeine-free Camomile tea bag to a mug of boiled Kettle Water.


2) Leave the tea to brew and cool down for 3-5 minutes before using!

3) Remove the Camomile Tea Bag from the mug and use as a hot compress by placing the bag onto your piercing. The bag should still be hot - but not scalding!


4) Allow the tea bag to cool down whilst applying firm pressure to your piercing.



Salt water soaks are no longer recommended as the main method of piercing aftercare - mixing your own solution can often cause it to be far too salty which can dry out your piercing and affect the healing process. Some salts can also contain additives which can negatively affect the healing!



If you notice **ANY** abnormal changes to your piercing during the healing process, or if any excessive pain/heat persists, please contact us immediately or seek medical advice - our inbox is always open!



Be an EPIC human and leave us a Google Review (please)! It helps our small business massively - thank you, we appreciate YOU ❤️