



PIERCING AFTERCARE

The piercing procedure involves breaking the skin's surface so there is always a potential risk for infection to occur afterwards. Your piercing should be treated as a wound initially and it is important that this advice is followed to minimise the risk of infection. If you have any problems at all with your piercing or if you would like assistance with a jewellery change then please call back and see us. Don't be afraid to come back, we want you to be 100% happy with your piercing.

MINIMISING INFECTION RISK

- 🙄 Avoid touching the new piercing unnecessarily so that exposure to germs is reduced.
- 🙄 Always thoroughly wash and dry your hands before touching your new piercing, or wear latex/nitrile gloves when cleaning it.
- 🙄 If a dressing has been applied to your new piercing, leave it on for about one hour after the piercing was received and then you can remove the dressing and care for your piercing as advised below.
- 🙄 Clean your piercing as advised by us.
- 🙄 For cleaning your piercing, you should use saline solution (provided). More available from Bidford Body Piercing.
Stay clear of and do NOT use surgical spirit, alcohol, soap, ointment or TCP.
- 🙄 For cleaning oral piercings, you should use a mild alcohol-free mouthwash e.g., Oral-B Sensitive.
- 🙄 Avoid drinking any alcohol for the first 4-5 days after receiving your piercing, as it can promote bleeding and increase swelling. The use of any recreational drugs should also be avoided as it may slow the healing process.
- 🙄 For oral piercings smoking may delay the healing process. If at all possible, you should stop smoking until your piercing is fully healed.
- 🙄 For the first few weeks, please take care when looking after your piercing by avoiding touching it unnecessarily, tanning, fake tanning, body lotions, make up and anything else instructed by us.

Navel (Belly Button) Piercing:

- 🙄 A navel piercing takes about 12-16 weeks to heal, primarily dependant on how much the stomach muscles are used. It is advised that no hard exercise is done within the first week or two of having the piercing as this may slow the healing process.
- 🙄 Clean your piercing using provided aftercare solution once a day with a cotton wool pad, or with cotton wool buds if the piercing is hard to access.