



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.

Oral Piercings: Tongue | Tongue Frenum | Labret (lip) | Madonna | Medusa | Cheek | Smiley | Frowny

- 😊 Most oral piercings take 8-12 weeks to heal completely and will swell up within the first few hours of receiving the piercing. Piercings such as the cheeks may take a while longer to heal as this area of tissue is thicker and may take 10-12 weeks to heal.
- 😊 When caring for an oral piercing it is advised that you use a mild alcohol-free mouthwash as the main part of the aftercare process. Using a mild alcohol-free mouthwash 2-3 times a day will also help reduce the risk of infection.
- 😊 Smokers should use a mild alcohol-free mouthwash 3-4 times daily.

😬 It is advised that you refrain from oral sex for 10 days after an oral piercing is received, as the exchange of bodily fluids may increase the risk of infection to you and your partner.