

## AFTERCARE OF YOUR NIPPLE, BELLYBUTTON, EYEBROW, NOSTRIL, SEPTUM, EAR & CARTILAGE PIERCING

### YOUR PIERCING HAS BEEN DONE PROFESSIONALLY AND APPROPRIATELY

Now it is up to you to care for it properly. The rate of infection is minimal if the aftercare is followed closely. We have found that most problems/infections occur when...

- Touching your piercing without first washing your hands with antibacterial soap. (This is the #1 offender of on going infections!!!)
- Biting too rough with the piercing too soon.
- Oral contact with the piercing, your body fluids, and/or someone else's.
- Over cleaning, multiple product abuse, inappropriate product use,
- Swimming in rivers, lakes, & streams because of the bacterial content can cause infection.
- Using a hot tub. Do not enter a hot tub for at least three months, hot tubs are a breeding ground for infection! Use your common sense.

### BASIC INFORMATION YOU SHOULD KNOW

Healing time varies between person to person, and from piercing to piercing. Don't think that after a few days or even weeks you can remove the jewelry and reinsert it without any problems, there will be. Although your piercing appears to be healed it takes time for it to 'toughen up'. We advise leaving something in the piercing for at least the first 6 months, a year is best. If your jewelry needs to come out for any reason, stop in, we carry invisible and almost invisible retainers for almost every piercing and non-metal alternatives are available.

### CLEANING INSTRUCTIONS

Thoroughly clean your new piercing three times daily for approximately the first 6-8 weeks.

1. Never touch your piercing with dirty hands!! Wash and rinse your hands with antibacterial soap and water.
2. Then wash and rinse pierced area with antibacterial soap and water.
3. Then work jewelry back and forth through the piercing.
4. First ten days ONLY apply a triple antibiotic (Neosporin) on entrance and exit holes of piercing.

Note: Do not pass the triple anti-biotic through the skin. It is not meant for internal use. If excessive redness and/or itching occurs, discontinue use of triple antibiotic.

With proper care your piercing will start looking good in the first few weeks ... DON'T BE FOOLED!!! Just because it looks good on the outside doesn't mean it's healed on the inside. I can't see any reason to stop washing any part of my body, why stop washing your piercing??? Keep a close eye and clean hands on your piercing well into the first year.

### HOW TO DETERMINE IF YOUR PIERCING IS INFECTED

Slight redness in the first few days is perfectly normal. The secretion of small amounts of white/slightly yellow discharge for up to three months is also normal (this is your body expelling dead cells). If you have an infection, you may notice the following symptoms:

- Redness (excessive)
- Swelling or hardness
- Pain or a hot sensation in the area of the piercing
- Thick, dark yellow or green discharge

### HOW TO TELL IF YOUR PIERCING IS REJECTING

Keep in mind, all piercings can reject, although some have a higher incidence than others. Chronic problems are associated with rejection. The signs to keep an eye on are:

- Enlargement of the piercing opening along with some redness and possible itching.
- Piercing appears to be moving forward and seems to have less and less skin pierced thru
- Skin shows migration "line" on skin from old piercing site to where jewelry is now.
- Excessive discharge of clear fluid from piercing site.
- Chronic problems with infection and reinfection.

### I THINK MY PIERCING IS REJECTING, WHAT DO I DO?

Not all bodies will accept the piercing you may have chosen. A few things to try are:

- Try a different style of jewelry.
- Try a different jewelry material. Niobium, Surgical Steel 316LV or better, 14k White or yellow gold, Lucite, Pyrex glass, Nylon, Platinum, or Titanium are always available.

### HOW CAN I HELP MY PIERCING HEAL?

- Eat a nutritious and balanced diet. Your body needs protein to heal itself. Taking a multi-vitamin daily will help keep you on track.
- Drink plenty of water to keep your body hydrated and flush out impurities.
- An additional Zinc supplement can help the healing process. Consult with Your pharmacist for recommended dosage and duration.
- Follow this instruction sheet that was given to you by YOUR piercer. If you take someone else's advice your piercer won't know why you are experiencing problems, and therefore can't help you.
- NEVER USE isopropyl (rubbing) alcohol, hydrogen peroxide, or products that are not mentioned on this instruction sheet on your piercing.

### HEALING TIMES

Bellybutton & Septum: 6 months to a year  
Ear, Nostril & Cartilage: 6 - 8 weeks

Nipple: 4-6 months

### IF YOU HAVE ANY PROBLEMS OR QUESTIONS...

Please feel free to contact Witchdoctor's Tattoo Emporium Inc. by telephone at 412.882.6666. Please understand the Witchdoctor is not a physician, and any suggestions we make are based upon our experience and that of other professionals in the body piercing industry. If our suggestions do not show rapid improvement in your symptoms, call your medical doctor.

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