



# Aftercare for piercings

**Congratulations on your new piercing  
and thank you for choosing Dancy & Daughters Tattoo Parlor.**

## Healing

Healing a piercing is different than healing a wound, in that there is a foreign body (jewelry) in the skin. Immediately after you have been pierced, the sore will hurt for the first few days. How long it lasts, for the care is completely gone and the wound is healed, depends on how you care your piercing, how fast you heal in general, age and where on the body the piercing is made. Lifestyle and diet plays an important role in healing. Are you e.g. smoker, you will be able to expect a longer healing time. As a rule of thumb, you can say that there is typically between a couple of months and up to a year for the wound is completely healed. The specific expected healing times are shown on page 6.

The most important thing for a piercing to heal quickly and nicely is that you give it peace of mind. If the healing process is disrupted it can cause inflammation and ugly scars. There is an increased risk of infection if you touch or pierce your piercing. Therefore, avoid touching the piercing and playing with it the jewelry. It is also important not to have clothing that tightens or bothers your piercing. Avoid blows, friction and trauma to the piercing during physical activity such as sports. Umbilical cord piercings can be bothered by e.g. tummy tuck and chest piercings can be bothersome of e.g. race. Especially in the beginning, when the piercing is very sensitive, it is important to keep it still. Although you are happy to have received it and would like to show it, you live, for your own sake, be careful and take good care of it so that no bacteria get into the wound. Many cases of inflammation and ugly inheritance could be avoided if this were complied with.

Never touch the piercing without first washing hands, do not turn the jewelry and NEVER remove the jewelry during healing!

Avoid chlorinated water, seawater and sunbathing for the first 3-4 weeks. Even though the water looks clean, there will always be at risk of infection. If this can not be avoided, then apply waterproof plaster; eg. Tegaderm

Avoid hair spray, hair dye, perfume and make-up near your new piercing.

Provide a clean environment; change your pillow often, and clean  
Your phone with e.g. 80-93% alcohol

Remember to check your jewelry. Tighten the balls in connection with the daily cleaning. Especially with labret jewelry, navel piercing and tongue piercing.

# Cleaning your new piercing

We recommend that the piercing is cleaned twice a day for the first 4-6 weeks. Use saline solution morning and evening. REMEMBER clean hands before touching the jewelry. Start care the day after the piercing is made. Swelling is usually with a new piercing, and therefore a piece of jewelry is put in where it is space for having. Feel free to take advantage of the offer of jewelry change when the piercing is healed (see page 6). If you raise the area a lot, you can cool the area every 4 hours for 20 minutes at a time. Use e.g. frozen species from the freezer wrapped in a clean tea towel to avoid freezing. By oral piercing, like the tongue piercing, then came ice cubes in the mouth.

Be aware that the wound secretes a whitish-yellow non-inflammatory wound, and to deter normally during the healing process

## Outer piercings (ears, nose, eyebrows, nipple, navel)

For cleaning we recommend sterile salt water (can be bought in the pharmacy) or make your own (recipe on page 6).

Chlorhexidine, alcohol or hydrogen peroxide should not be used to clean the exterior piercings, as the substances are just as harmful to your skin cells and beneficial bacteria as to the pathogenic bacteria you are trying to remove. If, unexpectedly, an inflammatory condition occurs, you can use chlorhexidine

Bleed the piercing for approx. 5 minutes, by holding a small baker with salt water over the piercing or by using a tot of cotton wool dipped in salt water. Let the piercing air dry. Bacteria thrive in humid environments and therefore it is important that the piercing is not left moist. Make sure the piercing is dry before it is covered.

For female nipple piercings, it is important to wear a bra or top that provides support, so that the new piercing is not exposed to chafing and friction.

## Dermal anchors

1-point piercings such as dermal anchors are different from traditional piercings there is only one entrance hole for the jewelry itself. This has significance for the purification, then foreign bodies tend to stay in the jewelry pocket. Therefore, saline solution should be used to cleanse with, preferably after taking a shower. Put salt water in a small cup / egg cup and hold it over the dermal for approx. 5 minutes and very carefully remove any dirt and debris a cotton swab. This is done twice a day. Avoid too much movement and jerking in the dermal as it will extend

healing period. It is necessary to use a patch the first week. The patch you get from here, do not removed the first 3 days. There is a risk that the body will repel dermals so they grow out, however deter very black to say how long they last as this depends on the individual how the healing process has lasted as well as the placement of the dermal

## Inner piercings (oral piercings)

For external cleansing, we recommend sterile saline or saline solution. Blood piercings in approx 5 minutes, by holding a baker with salt water over the piercing or by using a tot of cotton wool dipped in salt water. Let the piercing air dry. For internal cleansing, we recommend sterile saline, saline solution or mouthwash (can be bought at the pharmacy - must be without alcohol) Take care of your teeth! The jewelry is made of metal and can cause damage to teeth and tooth code. You should regularly tighten the ball if you have a labret in. If you are a smoker, clean with mouthwash after every time you have smoked.

## Tongue piercing

Immediately after the tongue piercing is done, numbness, slight pain and swelling of the tongue may occur You can also expect to stay in the muscles down the neck. Painkiller in the form of panodil paracetamol, pamol o similar can be used to take the pain. Follow the medicine package package leaflet.

In the first day you should take good care of yourself on the wound and otherwise take it easy. Avoid touching the wound and soaking in it, as too much activity can increase the pressure on the wound and cause bleeding. When to sleep or lie down, it is a good idea to lie with your head high the first day as it eases the pressure on the wound.

Wait to rinse your mouth until at least two hours have passed. If you rinse your mouth too fast after the piercing it ruins the immediate healing process. When the mouth, after minimum two hours are ready to be rinsed, it can be done with saline solution, sterile saline (can be bought at the pharmacy) or mouthwash (can be bought at the pharmacy) All three products discount the risk of infections as they help keep the oral cavity clean. Keeping the oral cavity clean is a lot important, remember to brush your teeth, as usual, and be careful not to get brush in the scar. It is important to have good oral hygiene. When the swelling has subsided and you have switched to the shorter metal rod, keep the jewelry free of bacterial deposits, plaque and tartar.

It's a good idea to drink cold drinks or eat soda ice cream or ice cubes. This works cooling and helps with recovery. Avoid hot drinks. The metal of the jewelry conducts both cold & heat through the tongue. Very hot drinks can damage the tissue in the tongue itself and cause havoc and pain.

Avoid exposing the mouth to youthful activity and irritation such as strong and spicy food, sucking through a straw, smoking, tongue kissing and oral sex.

Take care of your teeth! The jewelry is made of metal and can damage the teeth if you come to bite into it. You should regularly bucket the balls on the tongue stick. If the bullets get too loose you can end up losing one of them or even varre, swallowing them. REMEMBER clean hands before you touch the piercing jewelry.

# Intermate piercing

REMEMBER to wash your hands before touching the piercing jewelry. Wash gently twice daily with a mild, PH friendly soap such as intimate soap. Avoid irritation of the piercing in the form of tight clothing, inappropriate movements and pillory. If you use panty liners, make sure to change them more frequently than otherwise. Be careful not to move the jewelry more than necessary. Avoid oral sex for 14 days Avoid intercourse for 14 days and remember to use a condom afterwards

## Infection and keloids

### Symptoms of external piercings as well as intimate piercings

First of all, you need to be sure that there is actually inflammation in your piercing and that it is not just special liquid. If you are in any way in doubt, it is a good idea to contact us so you do not risk cleaning your piercing too much if there is no inflammation in it. You can get inflammation in an otherwise healthy piercing, if you clean it too much.

#### INFLAMMATION:

The affected area becomes red, feels hot, It hurts to touch, "throbbing" and emits greenish-yellowish discharge.

If it is not sufficient to clean with salt water, then you can use chlorhexidine which you can buy at the pharmacy. You can also remove the piercing, or come down to us and get the piercing removed. A piercing is a foreign body that the body wants to endure So by removing the piercing and getting the wound cleaned well through, the body will be able to heal the infection.

If an inflammatory conditions aren't treated, the infection can, in some cases, spread to the whole body and develop into blood poisoning. It's important that you take it in your stride, either contact us or contact your doctor.

### Dental damage and symptoms of inflammation in the mouth region

The affected area becomes red, feels hot, gives a bad taste in the mouth, is about to touch and emits greenish-yellow discharge. Being a piercing in the mouth means you constantly have a piece of metal jewelry inside the mouth, you may risk bothering your gums as well as wearing on your teeth. If you come to bite into the jewelry, the teeth can be cracked and if you get the jewellery bar stuck between two teeth they may be at risk of shifting. A tongue piercing can be difficult to keep clean as the mouth is an area of food debris and bacteria. If you have poor oral hygiene, Bacteria will accumulate on the piercing material and this can lead to inflammation. As mentioned above, Healing fluids is not the same as inflammation. If you are in doubt whether you have healing fluids or inflammation in your piercing, you can always contact us.

# Allergic reactions

Symptoms: Redness, itching and clear washing from the piercing

When your skin or mucous membranes are pierced and the wound afterwards comes in constant contact with one foreign body, like a piece of jewelry, there is a risk of developing an allergy to the foreign body. Nickel allergy in particular is a risk if the piercing is made with surgical steel, which we fraräder. Even when the piercing is done with the approved 316L implantanium steel. (nickel negative), there is a risk of developing allergies. This can happen if you already have a lot of piercings in it the body with the same material, as the nickel content of all jewelry must be added together

# Formation of keloid (scar tissue)

If you form a bulge around your piercing it may be hereditary. It's different how much heritage people form. Some people find it easier to get thick, ugly and ugly scars than others and it has a bearing on how successful their piercings end up being. Keloid denotes excessive growth of scar tissue, which causes the scar to be raised and thickened. Keloids may occur in all types of heredity and in rare cases arise without visible cause. It can e.g. develop after an operation, burns and acne. But also with other small wounds, such as. makes, when making a piercing. At first, the scar looks normal, but becomes noticeable within a few weeks large and thicker.

In many cases, keloids disappear as inexplicably as they arise. do not show this is the case, keloids can be treated by

1) That you make sure that the jewelry is properly fitted

2) You clean with salt water and some drops of tea tree oil (can be bought from us or fed). Tee tree oil dehydrates the bumps and significantly reduces haze and scarring. Dup a couple of drops on the area and massage it gently into the skin. The oil has a strong scent and is known for its disinfectant o anti-inflammatory effect.

3) You can also choose to have a couple of no-pull silicone plates put on the piercing with us. We've had a really good experience with. show this is not sufficient the layer can inject one cortisone preparation directly in the thickened scar tissue. The excess tissue can also be frozen away, while it is not advisable to cut the keloid away as there is just a new scar that can form the keloid Since some types of jewelry push or twist the piercing, and in rare cases can damage the skin or the area around it, there is a particular risk of forming thick scars if one tends to it. If you have such tendencies, you should therefore inform us about it, for you will be pierced. Then we can find a piece of jewelery for you that gives you as few nuisances as possible relation to potential inheritance and apply preventive treatment methods, for we pierce you. Keloids occur frequently in people with darker skin

# Saline solution

20 grams of salt to 1 liter of water. This gives a saline solution of 2%. Salt and water are boiled under stirring until the salt is dissolved. This solution should be stored in a sterile bottle (scalds eg a glass bottle) and can stay in the fridge for a few days. If a small amount saline solution is desired to halve the doses. (10 grams of salt to 0.5 liters of water) If your piercing feels hot or become red, we recommend that this reading be used due to the high salinity

# Healing times

Ear lobe: 4-8 weeks  
Ear cartilage / antitragus: 3-9 months  
Ear cartilage / conch: 3-9 months  
Ear cartilage / daith: 3-9 months  
Ear cartilage / ear head: 3-9 months  
Ear cartilage / helix: 3-9 months  
Ear cartilage / smoke: 3-9 months  
Ear cartilage / snug: 3-9 months  
Ear cartilage / tragus: 3-9 months  
Labret: 6-8 weeks  
Lingual frenulum (tongue web): 4-8 weeks  
Frenum (smiley): 3-4 months  
Lip, side: 6-8 weeks  
Lip, upper: 2-3 months  
Septum: 4-8 weeks  
Surface: 6-9 months  
Dermal 3-5 months  
Teardrop: 3-4 months  
Navel: 6-9 months  
Nipple, female: 6-9 months  
Tongue / tongue tip: 4-8 weeks  
Bindi / vertical bridge: 4-6 months  
Bridge / erl: 4-6 months  
Eyebrow: 6-8 weeks  
Nipple, male: 3-4 months  
Nostril: 3-4 months  
Christina: 6-9 months  
Labia, inner: 4-8 weeks  
Labia, outer: 3-4 months  
Clitoral hood, horizontal (HCH): 6-8 weeks  
Clitoral hood, vertical (VCH): 4-8 weeks  
Clitoris: 4-8 weeks

# Jewellery change

When you are a customer with us, we change your jewellery for a small charge. An optional piece of jewelry must be purchased, but you get it 20% discount if the piercing is made with us. We help find a piece of jewelry with the appropriate length and shape, so you get the perfect piece of jewelry for your healed piercing.