

# SONIC TATTOO

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## PIERCING AFTERCARE

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**Lip, Tongue, Septum, Labret, Earlobe and Genital piercing – approximate healing time 2 to 4 months.**

**Ear Cartilage, Nostril and Eyebrow piercing – approximate healing time 3 to 6 months.**

**Navel, Nipple and Surface piercing – approximate healing time 3 months to 1 year**

**Wash your hands thoroughly before touching your piercing or jewellery.**

Clean your piercing **4 to 6 times a day** using **Magic Dragon Mist Piercing Soap & Spray**.

Clean cartilage piercing **3 times a day** using **J & B Helichrysum Solution & Oil Blend**.

Clean your piercings **3 times a day** using **Anti-Bacterial Soap & Epsom Salts**.

Suggested products include:

- Magic Dragon Mist Soap
- Magic Dragon Mist Spray
- J & B Helichrysum Solution
- J & B Helichrysum Oil Blend
- Epsom Salt
- Anti-bacterial soap
- Antiseptic Mouthwash (Yellow)

Over-cleaning can irritate the piercings so do not clean more often unless the piercing has been exposed to dirt, sweat or bodily fluids.

Method One (everything but cartilage)

1. Wash and rinse your hands with anti-bacterial soap.
2. Remove any dried discharge from the piercing and the jewellery using a cotton swab and MDM soap at 1 part soap to 3 parts water or full strength.
3. Shake spray bottle well before applying MDM spray, rotate jewellery to one side, spray MDM on pierced area, rotate jewellery to opposite side and re-spray
4. Clean off any excess MDM spray that is beyond the piercing.

Method Two (cartilage only)

1. Apply Helichrysum Water to both sides of the piercing using a clean cotton swab.
2. Allow the solution to sit for one or two minutes to soften any discharge.
3. Thoroughly wipe away any piercing discharge from both skin and jewellery using a new cotton swab.
4. Re-apply Helichrysum Water and gently work the solution into the piercing and wipe away any excess solution.

### Method Three (navel, nipple, genital and surface)

1. Wash and rinse your hands with anti-bacterial soap.
2. Mix some anti-bacterial soap in a bowl with warm water to make a soapy solution. Using a cotton swab, saturate the cotton swab to remove any secretions from both sides of the piercing.
3. Mix ¼ teaspoon of Epsom salt per 8 ounces of warm water to soak your piercing.
4. Soak your piercing 3 times a day for 10 to 15 minutes using a clean cup or bowl depending where the piercing is located.

Do not use a washcloth or sponge to clean your piercing. Cloths and sponges trap and collect bacteria and mildew.

Rinse your piercing and jewellery thoroughly with water after showering or bathing to remove soap residues. Dry the piercing using a tissue or cotton swabs not a washcloth because bacteria thrive in warm, moist environment.

The inside of the navel should be dried thoroughly using a cotton swab.

Navel and nipple piercings can be cleaned 3 times a day by using warm Epsom Salt soaks to help remove dried discharge/lymph secretions, and relieve itching from clean navel and nipple piercings. Use ¼ teaspoon salt per 8 ounces of water. There is no need to clean your piercing after soaking in salt water. A disposable cup is suggested.

Bleeding, if there is any, should stop within 12 hours. In the case of women's nipple piercings, wear halved, unscented panty-liners on the inside of the bra cups to keep the piercing clean, keep the bra clean, and provide some padding. Bras can exert pressure on the piercing, particularly if the bra is very tight or if you have large breasts. Too much pressure can contribute to prolonged healing, scarring or can cause the piercing to migrate or reject. Depending on the shape of the breast, wearing the ring flipped up when wearing a bra often reduces pressure. Bras with seams across the nipple should be avoided; the seam can easily irritate the piercing. Most women find wearing an athletic bra more comfortable. Wearing open nursing bras or cutting out the centre of the bra cups will eliminate pressure while providing support.

Do not wear waistbands across navel piercings. Waistbands will exert pressure on the piercing which can contribute to prolonged healing, scarring or can cause the piercing to migrate or reject.

**Do not use** laundry detergent containing stain-removing enzymes. **Do not use** Beta dine (povidone-iodine), isopropyl alcohol or peroxide to clean your piercing. **DO NOT** use antibiotics ointments. Antibiotics ointments are used for puncture wounds and infections. Antibiotic ointments (Polysporin) do not clean the piercing and will increase the chances of the body rejecting the piercing. **DO NOT** go swimming or in a hot tub for 2 weeks after being pierced.

The most frequent causes of infection are from touching the piercing or jewellery with unwashed hands, or contact with unclean items such as clothing, bedding or hair. Do not wear hats or bandanas over ear and eyebrow piercings. In the case of ear piercings, use the opposite ear for telephones or place a clean tissue between the ear and the receiver. Do not let your piercing come into contact with or near alcohol, peroxide, powers, oils, hand sanitizers, cosmetics, lotions, sunscreens, perfumes or hairsprays.

After the healing process is complete, you should continue to clean your piercing once a day as part of your bathing or showering routine to prevent a build up of dirt and dead skin cells.

Please remember that I am not a physician. My suggestions should not be construed as medical advice.