



Piercing Aftercare

General Care

Wash hands with soap and water before cleaning the piercing and jewelry. Wash the piercing **twice a day** for the first two weeks with mild soap and then once a day after that.

Do not expose any fresh piercing to the saliva or body fluids of other people until healing is complete. This will help prevent major **skin infections, sexually transmitted infections (STIs), Hepatitis C and HIV**.

Oral Piercing

For the first 2 weeks, rinse with **salt water** or a **non-alcohol-based mouthwash** for 60 seconds every time you eat or drink.

Avoid smoking, spicy foods, active yeast, beer, and alcohol for the first week.

Antibacterial mouth rinse can help with healing or mild infections.

Signs of infection are long-term or excessive swelling, yellow coating of the tongue, pus, hardness/bumps, and bleeding.

Exterior Piercing

Remove any crusty build-up with cotton swabs and warm water.

Piercing Aftercare Continued

Use **non-scented soap** and **warm water** to clean the holes and jewelry. Once the jewelry is soapy, gently move it back and forth in the hole to clean the inside. Rinse the jewelry and piercing using the same technique to remove all the soap, and then pat dry.

If a piercing is in contact with clothing, make sure the clothing is clean and loose. **Avoid** bathtubs, hot tubs, lakes and pools while healing. Over-cleaning will dry out a new piercing.

If a piercing gets infected, have it looked at by a doctor. Apply cream-based **Polysporin** twice a day after cleaning to help with minor infections.

Put the cream on the jewelry and rotate in. **Do not** use a medicated cream unless you have an infection.

Safer Piercing Kit



Please note these are student products. Although we strive to ensure the products are accurate, ethical and credible, please note that the user is responsible for possible errors, omission and outcomes.

Risks & Complications

If **proper technique** is not used and for piercings such as navel if the depth is not sufficient it could lead to the skin **rejecting** the jewelry. **Scar tissue** may also form

Ear gauging is on practice in which a piercing (done as stated above) is gradually stretched with different jewelry. It is important that this is done **slowly** and **gradually**, if not the site may become **damaged** and **irritation** or **infection** may occur. If one wishes to reverse gauging a **surgical procedure** is required

Other **risks** include local infections, systemic infections, Hepatitis and HIV, skin reactions, oral complications, choking, swelling, bleeding, and tearing from contact with clothing.



Tattoo Aftercare

Leave the bandage on for **four to six hours** after getting the tattoo. Once the tattoo has stopped bleeding, the bandage can be gently removed after hands are washed. If it sticks, wet it with warm water.

Wash hands, then, wash the tattoo with the fingers and mild soap, rinse and pat dry.

If using healing ointments (vitamin A and D or vitamin E), put a thin layer on the tattoo twice a day for two days. Some studios provide this ointment for their clients.

Apply a non-scented body lotion when the tattoo becomes dry and flaky. Some scabbing and peeling will occur. Do not pick or scratch or you risk scarring, infections and losing ink.

Keep clothing clean and loose around the fresh tattoo.

Stay out of pools, lakes, hot tubs and direct sunlight until fully healed, about 10 to 14 days.

If infected, use a **non-corticoid cream-based topical antibiotic** twice a day for 10 days. Have it looked at by a professional.

Apply **sunscreen** when healed to protect the skin and prevent the colour from fading.

Infection Prevention

Clean and disinfect work area

New **sterile needle** every time. In fact, reusing needles makes them dull causing piercing and tattooing to hurt more.

If you must reuse needles, sterilize with boiling water, a lighter, or at least wipe down with a disinfectant.

New **latex** or **vinyl gloves** before and after cleaning work area, as well as before and after cleaning body part

New **ink** and **inkpots**. Try using disposable cups as a makeshift inkpot.

New support equipment i.e., corks, razors, markers, swabs, cotton, dental bibs (for mouth piercings), stencil paper and other supplies should only be used **once per person** and then disposed of.

Cleaning the site with an **alcohol swab** followed by a **topical surgical disinfectant** working from the center outwards.



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Complications

Tattooing may result in many uncommon complications such as **allergic reactions** to the ink contents and/or **infectious disease** transmitted through the blood if unsterile techniques or equipment are used. Skin infections and reactions are also very common with tattooing. The most common, but severe medical complications include **Hepatitis B, C** and **HIV**, which you usually get through blood exposure on unsterilized and shared equipment. Other reported complications are **tetanus**, **viral warts**, **tissue trauma** and **bleeding**.

Various skin disorders are also caused by tattooing, such as **inflammation**, **skin infections**, **dry, itchy skin**, **scarring**, **granulomas** (bumps), **dermatitis** (inflammation through contact)