



SUPERNATURAL BODY PIERCING

AFTERCARE GUIDE

1624 B WESTPORT ROAD KCMO 64111

SUPERNATURALBODYPIERCING.COM • (816) 561-1802



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The following is a collection of aftercare suggestions to help you to heal your new piercing. Everyone heals differently, some faster, some slower. Be responsive and responsible for your body. Follow these instructions and you and your piercing will have a long, happy life together. If you ever have any questions or concerns please contact us, we are more than happy to help you.

WHAT TO EXPECT DURING HEALING

A white, clear or light yellow discharge is normal while the piercing is healing. This is lymph or dead white blood cells, it is a sign that your body is healing and is to be expected.

Swelling, bleeding and bruising is normal for a fresh piercing and can occur and reoccur for the first week or more.

Soreness and redness is normal and can be expected if the piercing is bumped or pulled (snagged on your clothing, sleeping on it, etc).

DO NOT

- ✘ Do not pick at your piercing with your finger nails or scrub at it with a cotton swab.
- ✘ Do not use alcohol, peroxide, anti-bacterial gels/creams, Bactine® or witch hazel. All of these are not to be used on puncture wounds, your piercing is a puncture wound.
- ✘ Do not move, twist, rotate or turn your jewelry while it is healing. Your body will heal and adapt to your piercing much faster if you leave it alone.
- ✘ Do not let anyone touch your piercing or come in oral contact with your piercing. This includes children, pets, loved ones and curious people in general.
- ✘ Do not apply makeup, face creams or lotions to the immediate area of your piercing.
- ✘ Do not remove your jewelry to clean the piercing. It may close quickly without jewelry in the piercing. If you like your piercing always have jewelry in it.

GENERAL PIERCING AFTERCARE

Saline (sodium chloride) can come in two forms: pre-made or home-made. Pre-made sterile saline can be readily found in most piercing studios as well as every grocery store and drug store. A solution of 0.9% sodium chloride without any other additives is best. Home-made saline can be made by mixing non-iodized sea salt and water in the proper ratio.

INSTRUCTIONS FOR USING STERILE SALINE SPRAY

To use sterile saline simply spray the piercing 2-3 times daily. Gently wipe away any discharge afterward and then blot the area dry with a paper towel.

📌 HELPFUL HINTS

- Remember to be consistent in cleaning your piercing but also to clean things that may touch your new piercing: telephones, hats, glasses, pillowcases, etc.
- For ear cartilage piercings avoid applying pressure to the jewelry, it can cause irritation and cause the piercing to shift or migrate. That would include pressure from sleeping on it, telephones, earbuds, headphones, etc. Do not saturate a cotton ball with saline and apply it to your piercing as a compress. Even gentle pressure can be too much pressure.
- Avoid smoking, drinking alcohol and recreational drug use. If you can't quit then at least try to cut back, a healthier lifestyle will help your piercing heal faster.
- Consult your piercer before you change the jewelry.
- Try to get plenty of rest and drink plenty of water during the healing of your new piercing. Take time for yourself, stress can have a negative effect on your new piercing.

INSTRUCTIONS FOR USING SEA SALT WATER

Pour the solution into an appropriate container in order to soak your piercing 2-3 times a day for up to 15 minutes at a time. Gently wipe away any discharge after soaking and then blot the area dry with a paper towel. If you have swelling use your saline cold, if no swelling then warm the saline to body temperature.

Removing the discharge from your piercing is important. Do not pick at it to remove it, but gently wipe it away once the salt water has softened it up. You may use a cotton swab to remove any discharge just be careful not to pick at it like a scab. You may also wipe it away with your clean fingers while you're in the shower.

INSTRUCTIONS FOR MAKING A GALLON OF SEA SALT WATER

You will need a gallon of distilled water and non-iodized (iodine free) sea salt. Distilled water will not have any of the additives that are found in normal tap water. Non-iodized sea salt is a purer form of salt that does not contain extra ingredients. Do not use table salt or epsom salt. A gallon of saline should last approximately one month. If it lasts longer than one month, dispose of it and start a fresh gallon. It is important to keep the contents as fresh as possible. Keep the gallon refrigerated, not room temperature, to lessen the likelihood of bacteria.

WATER + SALT	
8 ounces (1 cup)	+ 1/4 teaspoon
32 ounces (1 quart)	+ 1 teaspoon
128 ounces (1 gallon)	+ 4 teaspoons

ORAL PIERCING AFTERCARE

To care for your oral piercing simply rinse with the sea salt solution any time anything goes in your mouth (eat, drink, smoke, etc). For a tongue piercing rinse the inside of your mouth but for a lip piercing you must clean the inside and outside of your mouth. Follow the General Piercing Aftercare instructions.

📖 HELPFUL HINTS

- Swelling is normal for a new oral piercing and is to be expected. The initial jewelry is longer than necessary to accommodate for swelling. You can downsize your jewelry for a shorter barbell or smaller diameter ring usually after 4-6 weeks.
- Rinsing with ice water or cold saline can help relieve the swelling from a fresh piercing.
- A non-alcoholic mouth wash, such as Biotene®, may be used as an alternative to rinsing with saline.
- Consult your piercer before you change the jewelry.
- Get a new toothbrush.
- Avoid heavy wet kissing and performing oral sex until the piercing is healed. Other people's body fluids would be the easiest way to cause an infection in your new piercing.

GENITAL PIERCING AFTERCARE

To care for your new genital piercing follow the General Piercing Aftercare instructions. Genital piercings heal just as easily as any other piercing as long as you follow these guidelines.

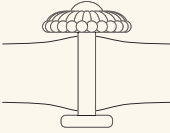
📖 HELPFUL HINTS

- Try to abstain from intercourse or masturbation for at least the first 4 weeks. If you are aggressive with your new piercing it will stay swollen for longer and take longer to heal.
- Avoid unprotected sex and unprotected oral contact with your new piercing while it is healing. Even in a monogamous relationship other people's body fluids can easily cause an infection.

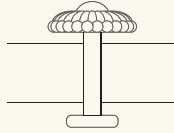


DOWNSIZING

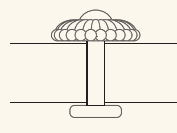
For certain piercings it is necessary to start with a longer length or larger diameter jewelry to accommodate for swelling. After the initial swelling a shorter length or smaller diameter jewelry is necessary to make the piercing more comfortable during healing. If the bigger jewelry is worn for too long it can complicate the healing process leading to irritation, swelling and a longer healing time. Downsizing your jewelry is necessary in many piercings to avoid healing difficulties and to keep the piercing healthy.



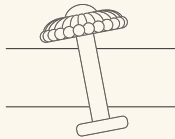
how your jewelry looks in a fresh piercing with a tid bit of swelling



how your jewelry looks in a piercing after a little healing with proper aftercare



how your jewelry looks after trusting your piercer and downsizing



how your jewelry looks if you don't downsize and sleep on it all willy nilly

STRETCHING

Enlarging your piercing to accommodate thicker jewelry is a gradual process that takes time and patience. Some piercings take longer than others but any piercing can be stretched once it is healed. It is very easy, and tempting, to go too fast.

Be careful: if you stretch too fast you're not stretching your skin you're tearing your skin and can create unnecessary buildup of scar tissue that will make it harder for you to stretch later. Take your time and be patient, just because it's not sore doesn't mean it's time to stretch again.

📌 HELPFUL HINTS

- Treat your newly stretched piercing like a fresh piercing. Review the General Piercing Aftercare.
- Do sea salt soaks for the first two weeks after stretching to help alleviate soreness and swelling.
- For earlobes it may be necessary to wait up to 8 weeks between each size to allow your body to regain elasticity.

HEALING TIMES

The following are approximate healing times. Some people may heal slower or faster depending on a number of variables. For the best healing results follow the aftercare instructions for at least the amount of time listed below.

EAR & FACIAL PIERCINGS

Earlobe	8 weeks
Ear Cartilage	6 months
Eyebrow	8 weeks
Nostril	6 months
Septum	8 weeks
Bridge	3 months

ORAL PIERCINGS

Tongue	4 weeks
Surface Tongue	8 weeks
Lip/Labret	8 weeks
Cheek	8-12 months

NAVEL & NIPPLE PIERCINGS

Navel	6-9 months
Nipple	6-9 months

VULVA PIERCINGS

Inner Labia	8 weeks
Outer Labia	6 months
Clitoral Hood	8 weeks
Fourchette	6 weeks
Triangle	3 months
Clitoris	10 weeks
Princess Albertina	6 weeks
Christina	6-9 months

PENIS PIERCINGS

Prince Albert	8 weeks
Reverse Prince Albert	6-9 months
Frenum	8 weeks
Scrotum	8 weeks
Guiche	2-3 months
Dydoe	4-6 months
Ampallang	6-9 months
Apadravya	6-9 months

SURFACE PIERCINGS

Surface Barbell	6-9 months
Dermal Anchors	3 months

Take time to let yourself heal. A new piercing isn't just something you wear, it's something you must adapt to. Sometimes it's necessary to change some of your personal habits to accommodate for your new piercing while it is healing. Breathe, relax and enjoy your new addition.

PIERCER _____ DATE _____

PIERCING _____

JEWELRY _____

DOWNSIZE | CHECK-UP _____