

Title:

Body Piercing: Aftercare

Word Count:

889

Summary:

Handling your piercing at the beginning is the same as taking care of a little wound. It's important to keep your hands clean. Your hands should be disinfected before touching the piercing, after all, hands carry a lot of germs.

Keywords:

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Article Body:

Handling your piercing at the beginning is the same as taking care of a little wound. It's important to keep your hands clean. Your hands should be disinfected before touching the piercing, after all, hands carry a lot of germs.

Don'ts

- * Don't take the jewelry out in the healing period. The wound will heal better and won't close.
- * Don't apply any ointments on the piercing. It's best to keep the piercing as dry as possible.
- * Avoid make-up, shaving cream, strong soap or perfumed stuff around your piercing.
- * Don't hang charms from your jewelry until the wound is fully healed.
- * Avoid sleeping on the piercing while healing.
- * Don't over clean. Cleaning the piercing wound more than twice a day is not advisable, it can irritate the skin.
- * Don't use band-aids on your piercing. There will not be enough air circulation and the area will not heal properly.
- * Avoid swimming pools, jacuzzis (the warm air above the water surface harbors a lot of bacteria).
- * Avoid oral contact or body fluids that are not your own! Your own body fluids like sweat can irritate the piercing.

Do's

- * Wash your hands prior to any contact near the healing piercing!
- * Wear clean and breathable fabrics around the area of your new piercing. Don't wear tight clothing.
- * Your bedding should be clean at all time.
- * Leave the starter jewelry in for at least the minimum healing time.
- * A healthy lifestyle will help your piercing heal faster. Staying away from drugs and alcohol is important.
- * Take a shower instead of a bath. A bath tub tends to contain lots of bacteria. If you are in a bath, make sure the water is clean.

Cleaning solution

Mild seawater soaks are recommended (daily), they give the best results for accelerating your healing. To make a seawater solution, dissolve 1/4 teaspoon of sea salt in a cup (8 oz.) of warm water. Make sure the cup is clean.

Cleaning instructions

Clean your piercing twice a day during the initial healing period. Don't clean it too much, it can irritate the skin. Before the cleaning, wash your hands with antibacterial soap and hot water. First you have to rinse the area of the piercing with warm water to make sure the crusts that have formed are soft. Cleanse the area and the jewelry with the cleaning solution. Carefully move the piercing jewelry around. You may bathe normally, just don't get any other products then the cleaning solution into your piercing. Rinse the piercing with running water. All of the cleaning solution must be removed. Pull the jewelry out and pat the area dry with tissues or gauze. Avoid cloth towels, they can harbor bacteria.

What's normal

Bleeding, bruising and swelling are normal, they don't point to an infection.

Tenderness, discomfort are not abnormal in the first several weeks. You can feel burning, stinging

The secretion of a fairly liquid, whitish-yellow fluid forms crusts at the openings of the piercings.

Keep cleaning.

If you notice anything abnormal, or the piercing gets badly infected, contact the piercer or a doctor.

If your piercing secretes pus, you should go see a doctor for an antibiotic treatment. The piercer can also help.

Healing Time

Ear lobe: 6-8 weeks

Ear cartilage: 4 months - 1 year

Eyebrow: 6-8 weeks

Nostril: 2-4 months

Nasal septum: 6-8 months

Lip: 2-3 months

Tongue: 4 weeks

Nipple: 3-6 months

Belly Button: 4 months - 1 year

Male genitalia: 4 weeks - 6 months

Female genitalia: 4-10 weeks

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