

SAFE PIERCING BY FLO

at *Outthere Body Piercing Studio*
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INTRODUCTION TO AFTERCARE

I am the sole Body Piercer at **Outthere Studio**. I am a *Professional Body Piercer*. There is a significant difference between “someone who pierces” and a professional. I follow specific guidelines modeled after the A.P.P. (Association of Professional Piercers), and include:

Business license, annual Health Department report, the use of internally threaded Jewelry, functional autoclave (heat sterilizer) with posted most recent spore test results and a number of other important criteria.

I have been serving the Sunshine Coast since 1998, and have learned about this trade through my training at NEXT Piercing Studio, many classes through The A.P.P., my peers, literature and hands on experience. I guarantee my work and jewelry. It is important to me that each customer leaves satisfied. I am a health professional, providing a safe and trustworthy service in our community.

THE DANGERS OF PIERCING GUNS

- They are not sterile. This alone should be reason to stay clear of them.
- Unqualified operator. Do you really want someone that has taken a 5 minute crash course in puncturing someone’s tissue with an unsterilized instrument performing a piercing on you?
- They work like a nail gun, quickly blasting a hole through your tissue with a dull stud causing unnecessary trauma to your tissue.
- Poor quality, and inappropriate jewelry made from low grade metals, may cause allergic reactions. I.e. nickel.
- Short posts do not accommodate for swelling or chubby lobes.
- Butterfly backings pressed up against fresh piercing prevents air flow and traps dried blood, crusties, hair etc... causing infection. This jewelry is not easy to clean unless it’s removed often, thus causing more trauma.
- They make a loud noise that can cause a person to flinch or jump; this can cause a displaced piercing or a redo (not fun).
- Piercing guns tend to JAM up getting stuck in the ear; this can be terrifying for anyone.
- Don’t be cheap with your Health! Have them done right the first time, hopefully the last time. :)

By following these simple guidelines you will greatly facilitate your own successful healing.

The most important rule in taking care of your new piercing is, NEVER! touch them, unless you are washing them. This means, no picking, playing or turning. Manipulating your piercing in this way can greatly jeopardize the healing process.

Keep in mind that the only way you can get an infection is through germs and bacteria. You are responsible for taking proper care of your new piercing (and yes it is a responsibility). A body piercing is a puncture wound, much different than any other wound, and therefore it needs to be treated with special care. A healed body piercing is simply a tube of scar tissue that has formed around a piece of jewelry. It takes months for our bodies to complete this process even if the very best care is given. If proper aftercare is not followed it may become infected or the body may reject it, i.e. a sliver.

CLEANING PRODUCT – EXTERIOR BODY USE ONLY.

I provide a special healing bar for most piercings. This product is made locally by Modern Hippie Health and Wellness, and has been specially created using Lavender, Tea Tree oil, and Calendula to gently cleanse and promote healing.

This bar is for your use only, do not share with others. This will eliminate cross- contamination.

CLEANING INSTRUCTIONS

Body piercings need to be cleaned at least, twice daily, every day, for the entire initial healing time. Cleaning more often can stress your piercing and delay healing.

WHAT IS THAT CRUSTY STUFF? Dead skin cells (or crusties) are a honey colored liquid that secretes out of the openings of a new piercing during the healing process. This is your body’s way of protecting or shielding your pierced area from infection because germs and bacteria cannot pass through dead matter. Unfortunately once it dries and crusts on our jewelry it should be removed appropriately.

IN THE SHOWER- gently run water over your piercing to loosen and remove crusty matter, then complete your regular cleaning routine, leaving your piercing until very last. This gives crusty matter a head start to soften and wash away. Lather your healing bar and very gently wash your piercing with your fingers. If your jewelry spins or moves around a little, that’s fine, but there is no need to deliberately turn or twist it. Again, the less trauma the better. Now rinse well, then gently pat dry with a very clean towel or disposable paper products. Q-Tips and hair driers are great for hard to get at places. Be patient. Each body is unique, and healing times can vary considerably.

IN THE BATH TUB- Although a shower may be better, a bath can be just fine as long as the tub has been well cleaned and rinsed. Throw a handful of sea salt in your clean hot water and lay back and relax. Don't forget to rinse and dry well.

Q-TIP CHECKS- I strongly suggest checking your new piercing at least 2 or more times daily in between cleanings to remove crusties if they are present. Simply dip a Q-tip into clean water or saline solution and roll matter away from your body, then rinse and dry. This only takes seconds.

WHY SOAK? Mild sea salt water soaks are suggested periodically to help stimulate air and blood circulation and remove unwanted crusty matter. This accelerates healing and increases your comfort. A soak before doing something active or before bed are ideal, as this will prevent crusties from being pulled into your piercing as you move your body.

HOW TO SOAK- Dissolve a pinch (1/4 tsp) of non-anodized sea salt into one cup (8 oz.) of quite warm water. This is a saline solution. Distilled or pre-boiled water is optimal. A stronger solution is never better as it can burn the tender tissue around your new piercing. Soaking is ideal for navel piercings. Invert the mixture over the area to form a vacuum and soak for a few minutes. For certain placements it is easier to use a clean cotton ball or gauze pad soaked in a salt solution and apply to the pierced area. Always follow with a clear water rinse then pat dry with YOUR clean cloth or paper products. Q-Tips are great for drying hard to get at areas, such as inner ear, navels and inside your nose... Sea Salt water is the only additional product (other than the healing bar) that I recommend.

WHAT IS NORMAL- Bleeding, bruising, redness, dry skin and/or swelling is not uncommon in a new piercing. These are not always indications of any complication. Contact your piercer if you have any concerns.

TO DO

- Leave the starter jewelry in during the entire healing time! (unless advised differently by a professional.)
- Directly after cleaning or soaking is the perfect time to check to make sure that the balls on your barbell jewelry are firmly screwed on.
- Leave jewelry in at all times. (Even well-healed piercings can shrink in minutes and make reinserting jewelry a challenge. Contact your piercer if your jewelry must be temporarily removed (such as for a medical procedure). A nylon retainer may be inserted to maintain the piercing until jewelry can be reinserted.
- Reduce intake of aspirin, alcohol, and caffeine for above-the-neck piercings, and try sleeping with your head elevated above your heart (prop up on extra pillows) to limit overnight swelling. Studies show non-steroidal anti-inflammatory products such as Ibuprofen can help minimize swelling.
- Clean bedding is important. Pillow slips should be changed frequently for ear piercings.
- Wear clean, comfortable, breathable fabric clothing in the area of a body piercing.
- Getting enough sleep, eating a nutritious diet and avoiding undue stress is key in healing anything.

THINGS TO AVOID

- Avoid the use of rubbing alcohol or peroxide to clean a new piercing. These two substances may kill germs and bacteria but unfortunately they also kill new skin cells that promote healing.
- Do not apply any ointment such as Polysporin, Neosporin or any other topical antibiotic ointments or lotions on your piercing. These products will prevent oxygen from reaching the wound by plugging up the openings and trapping bacteria inside, possibly causing an infection.
- Avoid oral contact, rough play, and contact with others' bodily fluids on or near your healing piercing.
- The use of Band-Aids can limit air circulation and the adhesive can irritate the surrounding area. The exception would be water-proof Band-Aids for swimming.

For more info, drop by the studio at C-5549 Wharf Ave, or call Flo at 604-885-0770

www.outthere-studio.com or A.P.P www.safepiercing.org



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