

Your Daily Care Routine

At the end of your shower(s), thoroughly rinse your healing piercing(s) & jewelry directly with hot (but not scalding) water in order to remove any crusties, buildup, & debris. Once out of the shower, gently pat the entire area with clean, non-woven gauze or fresh paper towels until it is completely dry. Perform this 1-2 times a day.

In addition, perform saline cleanings as NEEDED (up to 2x daily) like when exposed to various irritants, dirty hands, excessive sweat, or etc. While saline is beneficial, it does not speed up healing; your body is in charge of that! Be PATIENT & maintain this routine through your entire healing time.

Your Cleaning Guide

Only use **STERILE** saline. You can buy some from RocArt or in most first aid sections. It must contain water & sodium chloride only. Do not mix your own or use other solutions.

1. **Wet entire piercing area** (front & back) with saline by either misting it directly or using clean, non-woven gauze to apply it.
2. Allow your skin a few moments to absorb the saline & **soften any build-up**.
3. **Gently remove any residue** with clean gauze or tightly-wound cotton swabs.
4. If any debris remains, **repeat steps 1-3** until it all has been effectively removed.
5. If the jewelry position is uncomfortable, slowly & gently adjust it **without twisting**.
6. Using fresh non-woven gauze or paper towels, gingerly pat your piercing, jewelry, & the surrounding area **completely dry**.

Thank you for trusting Aly Cat & William Fecke with all your piercing needs! We created our aftercare guide by combining our professional experience, common sense, research, & practice.

Important Information

- ♥ You **ALWAYS** need to wash your hands before interacting with your piercing.
- ♥ Harsh chemicals should **NEVER** be used (e.g., hydrogen peroxide, rubbing alcohol, antibacterial ointment, tea tree oil, etc).
- ♥ Initial jewelry is longer to allow swelling & may need downsized. Do **NOT** remove or change jewelry yourself until fully healed.
- ♥ **STOP TOUCHING** your piercing, leave it the hell alone, & listen to your body.
- ♥ Our bodies heal tissue from the outside in; therefore, a piercing can remain fragile for weeks-months even if it appears healed.

Please follow our advice carefully, & contact us with **any** questions, concerns, or unusual symptoms. Happy healing!

Normal Healing Aspects

- ▶ **Immediately:** (the first week) localized swelling, bruising, tenderness, & bleeding.
- ▶ **During healing:** mild irritation, localized redness, itching, secretion of a whitish-yellow fluid (not pus) that dries to form "crusties", & tightness around the jewelry.
- ▶ **Once healed:** it could still shrink or close if the jewelry is removed & bodily secretions can accumulate if not cleaned regularly.

While these are the most commonly seen reactions, remember that every person is completely unique & so is their experience.

Do's

✓ KEEP ENTIRE AREA DRY

Dry any surrounding hair, skin, or fabric to avoid moisture buildup.

✓ WATCH SURROUNDINGS

To avoid snagging your jewelry, stay aware of kids, pets, loofahs, towels, clothing, seat belts, etc.

✓ CARE FOR YOUR BODY

Making healthy lifestyle choices boosts your immune response.

✓ SANITIZE BELONGINGS

Clean anything that might touch your piercing, like phones, pillows, sheets, glasses, ear buds, etc.



Don'ts

✗ PLAY WITH OR ROTATE

It is NEVER a good idea to turn, twist, pull, or yank on your jewelry or healing piercing. It's not a toy!

✗ EXPOSE TO IRRITANTS

Avoid contact with lotions, soaps, sprays, cosmetics, saliva, etc.

✗ SUBMERGE IT IN WATER

This means no pool, hot tub, lake, river, ocean, etc while healing.

✗ SLEEP DIRECTLY ON IT

Applying any heavy pressure to it while healing can cause irritation or even shift the piercing's angle.



But It's Cool, We'll Help You Heal!

Today's Date: _____

Your Estimated Healing Time

Your _____ piercing(s) will take a MINIMUM of _____ to _____ weeks / months to fully heal.

If your jewelry is not long enough for your swelling, visit us IMMEDIATELY for a free longer bar/post!

Your Jewelry Information

Titanium / Surgical Steel / _____

Internally Threaded / Threadless / _____

(_____ g _____ / _____) (_____ g _____ / _____)

Downsizing: _____

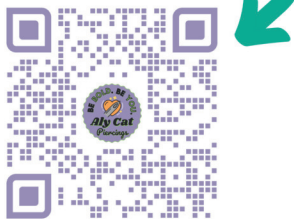
Aly Cat Piercings @WILLIAMFECKE

(937) 702-9191 | 3273 Seajay Dr. | Walk ins: Tues-Sat 10:30a-5:30p

(937) 221-8636 | 2463 Patterson Rd. | Walk ins: 12p-8p Mon-Tue & Thu-Sat

SCAN HERE

TO LEARN MORE OR TO CONTACT US



Notes:

INFECTIONS ARE NOT AS COMMON AS YOU THINK!

For suspected infections: continue to avoid harsh chemicals, maintain current aftercare, keep jewelry in, & visit us ASAP for guidance.

Troubleshooting Advice

A hot compress can help soothe irritated piercings by reducing swelling & increasing blood flow. Please contact or visit one of us before trying this.

Fill a clean shot glass with hot, sterile saline or hot, filtered water & submerge the entire area for 5-10 minutes. If submersion isn't possible, soak clean gauze in the hot liquid & cover the full piercing area instead. Afterwards, gently pat the area completely dry using fresh gauze.

This can be done a single time or daily to replace cleanings until irritation clears plus 2 extra weeks to deter recurrence, then resume your usual routine.

Disclaimer: This is not medical advice. If you suspect an infection, seek medical attention. Be aware that many doctors have not received specific training regarding piercings. If you experience fever, chills, or other flu-like symptoms, contact a healthcare provider ASAP.

Additional Instructions for Specific Piercings

Oral: For any piercings that pass through or are completely inside the mouth (lip, tongue, etc). After you eat, drink, or smoke: **rinse your mouth thoroughly** with filtered water for 30 seconds to keep the piercing area debris-free. 1-2 times daily: **swish with an alcohol-free mouthwash** or a saline rinse. Maintain your regular daily toothbrushing routine. Remember to always wash your hands before eating & do **NOT** share any straws, utensils, or saliva with others while healing.

Genitals: Saline cleanings are recommended after sex but are not necessary after urination. Bleeding freely during the initial week is totally **NORMAL**, just wear gauze or pads to collect the blood, change it regularly, & use saline to clean any residue or clots (especially for Triangles, Prince Alberts, Ampallangs, & Apadravyas). You're free to engage in sexual activity once you feel ready, just be gentle, take it slow, & stop if you feel any pain. While healing, **it's vital to always** use barriers like condoms or dental dams, use water-based lubricant instead of saliva, & avoid any direct contact with bodily fluids of others even while in monogamous relationships.

Dermal Anchors & Surface Bars: These require lifetime maintenance/care & a cautious touch. Even when cared for properly, these can be less permanent due to migration or rejection from any mild irritation. Always carefully remove matter from underneath the top to reduce buildup.