

Solid Ink Tattoos and Piercings  
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Aftercare Guidelines for Facial and Body Piercings - Including Surface Anchors

Body piercings should be cleaned once or twice daily for the entire initial healing period. Normal daily hygiene is optimal for the healing process.

1. Before cleanings, wash hands thoroughly with a gentle, non-scented soap and warm water. Never touch a healing piercing with dirty hands! This is vital for avoiding infection.
  2. Prepare the area to be cleaned with a warm moist compress using a sterile gauze pad and warm sterile saline for 5-10 minutes.
  3. Using the same gauze pad, gently remove any crusty buildup from the jewelry.
  4. Gently pat dry with a new gauze pad.
  5. Soap is optional. If you do use soap, use a gentle non-scented soap. Always rinse thoroughly.
- Your body will heal best when it's healthy. A balance diet, exercise and rest are vital for the healing process. Do not use washcloths or towels to wash or dry as these can hold bacteria!

**DO NOT SPIN, ROTATE, OR PLAY WITH YOUR JEWELRY!!**

Please be patient, each body is unique and healing times can vary considerably.

**WHAT TO DO**

- \*Wash your hands prior to contact on or near the area of your healing piercing.
- \*Leave the piercing alone except when cleaning it. It is not necessary or advisable to rotate the jewelry while healing.
- \*Leave the initial jewelry during the entire minimum healing period.
- \*If you like your piercing, leave jewelry in at all times. Even old, well-healed piercings can shrink or close in minutes after having been there for years.
- \*Showering is safer than taking a bath as bathtubs tend to harbor bacteria.

**WHAT TO AVOID**

- \*Do not use alcohol or peroxide.
- \*Do not apply neosporin, bacitracin, or ANY other petroleum based product.
- \*Do not over clean. Cleaning more than once or twice a day is not better. This can cause over drying and irritation, prolonging the healing process.
- \*Avoid submerging your piercings in water such as pools, lakes, jacuzzi's, and the ocean.
- \*Do not allow makeup, lotion or powder to get into or around your healing piercing.

**WHAT TO EXPECT WHILE YOUR HEALING**

- \*Bleeding, bruising, discoloration and/or swelling are not uncommon. A non-steroidal anti-inflammatory such as ibuprofen (Advil or Motrin) can help minimize swelling and reduce discomfort.
- \*Some tenderness or discomfort is not unusual.
- \*Secretion of a fluid from the new piercing is not unusual. It is typically liquid, whitish to yellow in color and forms a crust on the jewelry on the opening of the piercing. This is not pus but indicates a healing piercing.
- \*Piercings can have ups and downs during the healing process by seeming healed and then regressing. Be patient and continue cleaning during the entire healing process, even if the piercing seems healed.

Some extra hints and tips for particular areas

Oral (including lip and tongue):

Clean with alcohol free mouthwash OR a sterile rinse no more than 2-3 times a day, preferably after each meal. Swelling is normal! To help minimize swelling we strongly suggest you avoid anything that will irritate your piercing including alcohol, all tobacco products and salty or spicy food. Avoid drinking through straws while you are healing. To help alleviate swelling, try allowing small amounts of ice to melt in your mouth, sleep with your head elevated and keep your tongue in your mouth for the first several weeks. The more you use your tongue, the more it will swell. Rest your tongue as much as possible. Ibuprofen can also help with swelling. **DO NOT PLAY WITH YOUR JEWELRY!** This includes twirling and clicking it against your teeth.

**ALL ORAL CONTACT IS PROHIBITED DURING THE ENTIRE HEALING PROCESS!** Please remember that this is an open wound and ANY foreign matter that gets into it is an infection waiting to happen.

Surface Anchors:

Surface anchors are very superficial piercings and need to be treated very gently. Many anchors are lost due to neglect or abuse. If you catch your jewelry and pull it hard enough, you may dislodge it or pull it out completely. Once your jewelry is pulled out, it cannot be put back in. Be careful with clothing, seatbelts, necklaces, washcloths and towels.

Some people find that sleeping with small round bandages over their anchors for the first week is helpful in avoiding accidental snagging. We suggest latex free bandages.

After the first month, you can clean under the top of your anchor after a warm shower or warm moist compress with a wax-free dental floss. Very gently run the floss under the top of your anchor to loosen and remove any crusty build up. It is vital to the health of your surface anchor to always avoid allowing makeup, lotion or powder on or near it, even when it is well healed.

When your piercing is healed and you are ready to change your jewelry, come see us and we will help you change it. We can also walk you through the process step by step to make it easy for you to change your own jewelry in the future.

Your jewelry size is \_\_\_\_\_. This is important to remember when purchasing jewelry.

Your initial healing period is \_\_\_\_\_. This is general time frame. Bodies are different and healing times vary from person to person. Please be patient and continue to care for your piercing.

If you have any questions or concerns please contact your piercer:

Mallory

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