



Lucky Gal Suggested Aftercare for Piercings

First and foremost, thank you!! Your continued support of local piercers is what keeps us going. We want you to be happy with your piercing so please if you have a problem or concern come talk to us. We don't bite. We make our living on your hard-earned dollars. We want you happy!! Happy customers mean repeat business and your friends are potential new clients. If you like what we did please spread the good word. We are a sensitive bunch and love our egos stroked so please promote us any way you can!! Again, Thank you from all of us at Lucky Gal Tattoo and Piercing.

Sincerely, Your Lucky Gal Family

Cleaning Instructions for Body Piercings:

- **WASH** your hands thoroughly before cleaning or touching your piercing for any reason.
- **SPRAY** with sterile saline wound wash while healing. Moving, rotating, or twisting jewelry is not necessary during cleaning/rinsing and may irritate the piercing.
- **DRY** with clean, disposable products like gauze or cotton swabs, *gently* removing any crusty debris or buildup. Cloth towels should be avoided as they can harbor bacteria and snag on jewelry.
- **Oral piercings:** allow small pieces of ice to dissolve in the mouth. Avoid any mouthwash containing alcohol.
- **Surface anchors/dermal piercings:** these piercings require maintenance during their entire lifetime as matter can build up underneath the threaded top causing the piercing to become irritated. Saline and/or shower rinses may be helpful with removing matter from underneath the treaded top. Avoid putting makeup on these piercings even after healing. Even with proper care, surface anchors may be less permanent than other body piercings.

What to expect:

- Initially: some bleeding, localized swelling, tenderness, or bruising.
- During healing: some discoloration, itching, secretion of a whitish-yellow fluid that will form some crust on the jewelry. The tissue may tighten around the jewelry as it heals. Avoid touching the piercing as this can cause infections.
- A piercing may seem healed before the healing process is actually complete. This is because this type of wound will heal from the outside, the interior could still be fragile. Be patient and keep the piercing clean throughout the entire healing process.
- Once healed: the jewelry may not move freely in the piercing; do not force it. Cleaning your piercings as part of your normal hygiene routine can help them stay clean and avoid having normal, possibly smelly, secretions accumulate.
- Exercise and sweating during healing are fine. Avoid activities that could aggravate the piercing.



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- Make sure your bedding is washed and changed regularly. Wear clean, comfortable, breathable clothing that protects your piercing while you sleep. Surfaces like phones, headphones, eyeglasses, etc. can be cleaned with an appropriate disinfectant. Items like hats, scarves, headbands, etc. should be washed regularly.
- We recommend showers versus a bath, as bathtubs can harbor bacteria.
- Take an over-the-counter, non-inflammatory such as Ibuprofen or Naproxyn Sobium, according to package instructions, if needed.
- TIP: Piercings, even healed ones, can shrink or close in minutes, even after having been there for years. This varies from person to person. If you like your piercing, and to avoid re-piercing, always keep jewelry in.

What to avoid:

- Avoid cleaning with alcohol, hydrogen peroxide, antibacterial soaps, iodine, or any harsh products, as these can damage cells. Also, avoid ointments as they prevent necessary air circulation.
- Avoid Bactine®, pierced ear care solutions, and other products containing Benzalkonium Chloride (BZK). These can be irritating and are not intended for long-term wound care.
- Avoid over-cleaning. This can delay your healing and irritate your piercing.
- Avoid undue trauma such as friction and pressure from clothing, excessive motion of the area, playing with the jewelry, and vigorous cleaning. These activities can cause the formation of unsightly and uncomfortable scar tissue, migration, prolonged healing, and other complications.
- Avoid all oral contact, rough play, and contact with other's bodily fluids on or near your piercing during healing.
- Avoid things like excessive stress, drug use, excessive caffeine, nicotine, and alcohol, as they can prolong the healing process.
- Avoid submerging the piercing in bodies of water such as lakes, pools, oceans, hot tubs, etc. Or, protect your piercing using a waterproof transparent film dressing.
- Avoid all beauty and personal care products on or around the piercing including cosmetics, lotions, sprays, etc.
- Don't hang charms or any object from your jewelry until the piercing is fully healed.

IF YOU HAVE ANY QUESTIONS OR PROBLEMS, PLEASE DO NOT HESITATE TO CONTACT US AT 515-257-7940.

Lucky Gal Tattoo & Piercing

www.luckygaltattoo.com

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