



## **Take Care Of Your New Piercing!**

- Avoid touching, picking at or playing with the jewellery!
- Avoid all oral contact and any roughness with your piercing.
- Avoid any tight, restrictive clothing and any friction from clothing as best as possible!
- Avoid submerging the piercing in bodies of water such as oceans, lakes, pools, hot tubs at all times during healing! If absolutely necessary, a waterproof bandage can protect the piercing.
- Do not hang charms or chains from the piercing until fully healed!





# Your Healing Process

- You may experience some bleeding, swelling and tenderness!
  - You may get a white/yellow secretion that creates crusts on or around your jewellery.
  - Your jewellery may feel tight, and it does not move. Please do not force it to move! It will move naturally as it heals.
  - Your piercing may feel healed before it actually is. Be patient and continue with aftercare for the entire duration of the healing process.





## **What To Avoid on Your New Piercing**

- Alcohol, hydrogen peroxide, iodine, soaps with triclosan, TCP, surgical spirits, ear care solutions or any other harsh products which can create dryness and irritation
- Ointments and oils as they can prevent airflow to the piercing
- Makeup, lotions, hair spray and any other beauty products

If you have any issues, please always contact your piercer. We are here to help.





# Troubleshooting Irritation Bumps

Have you downsized your jewellery?

YES

Are you using anything other than NeilMed spray or plain hot water to clean your piercing?

YES

Any other solutions, such as: contact lens solution, tea tree oil, home-made saline etc can be too harsh for your piercing! Please do not use these.

Are you keeping your piercing dry?

NO

Drying your piercing after cleaning it or bathing is super important! Bacteria and water get along very well, and can cause fluid bumps and potential infection. Use sterile gauze or lint free cloth to dry your piercing.

YES

Are you sleeping on your piercing? Have you knocked it recently? Or have been using any irritants such as perfume, hair spray etc?

YES

Any trauma to the piercing will aggravate it and may cause bumps! This can include: sleeping on, knocking, touching, picking, wearing headphones, hats, etc. Please try avoid these as best as possible! We recommend sleeping on a travel pillow (we stock amazing piercing pillows from A Humble Sticth in store!).

NO

Please see your piercer for a downsize! Excess movement due to oversized jewellery can cause irritation bumps. We'd recommend changing rings to bars/studs.

What material is your jewellery?

Internally threaded, mirror polished implant grade titanium, solid 14k or 18k gold, glass

Other Material

Incorrectly fitted, or poor quality jewellery (dodgy alloys, low carat gold, plastic/acrylic etc) are a likely cause of your irritation bump.

Externally threaded jewellery tends to have a poor quality finish and sharp threads, which can irritate the piercing. Ensure you are using high-quality, well fitted jewellery!



# Why Your Piercing Bump Is Not Going Away



## – **Sleeping on Your Piercing**

Try sleeping with your newly pierced ear in an airplane pillow to avoid any pressure on the piercing! We stock wonderful piercing pillows in store from A Humble Stitch!



## – **You Need a Jewellery Downsize**

We recommend to downsize your piercing jewellery after 6-8 weeks. The extra length on the initial jewellery is for swelling. Once this goes down, the extra length is not needed!



## – **Your Aftercare is Too Aggressive**

To clean your piercing, use a Sterile Saline spray and gently wipe away any debris. We recommend NeilMed Spray available in store. Products with alcohol or fragrance are too aggressive on your new piercing.



## – **Touching your New Piercing**

Unless you are cleaning them, please do not touch your new piercing! Do not spin, touch or play with the jewellery throughout the day.