

## How do I clean my Piercing?

We recommend and offer NeilMed Piercing Aftercare which is an isotonic, preservative-free sterile saline solution. You can use any packaged sterile saline solution that is made for wound care (read the label to make sure there are no other additives!)

### Cleaning Instructions (to be done 1-3 times per day)

1. Wash your hands!
2. Spray sterile saline on each side of your new piercing.
3. Gently pat dry with sterile gauze or let it air dry.

You can also let warm water run over your piercing in the shower to help loosen any discharge. Doing this when you have finished with soap, shampoo, and conditioner also helps to protect your piercing from product buildup. Be sure to dry your piercing thoroughly after showering!



## Your New Piercing:

Date: \_\_\_\_\_

Piercer: \_\_\_\_\_

Piercing: \_\_\_\_\_

Estimated Healing Time: \_\_\_\_\_

Approximate Downsize or  
checkup date: \_\_\_\_\_

### Jewelry:

Jewelry Size: \_\_\_\_\_

Manufacturer: \_\_\_\_\_

Material: \_\_\_\_\_

Gemstones: \_\_\_\_\_

### Questions or Concerns? Contact Us!

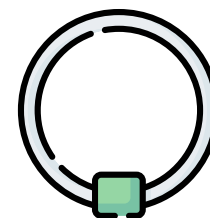
(541)531-5995

info@agaveinbloom.com



PIERCING & FINE JEWELRY

## Piercing Aftercare Instructions



1910 Elm Ave, Suite 100  
Medford, Oregon

**agaveinbloom.com**

**Thank you** for choosing Agave in Bloom Piercing & Fine Jewelry! First and foremost we want to express our gratitude for your business. We truly care about your experience and are here to help you heal your piercing. Please let us know if you have any questions or problems. You may believe that the hard part is over, but your aftercare is an important aspect of the overall health and healing of your new piercing!

## What's Normal?

In the beginning of the healing process, you may experience bleeding, swelling, bruising, throbbing, redness, and mild discomfort. Some discoloration, itching, and lymph discharge may occur. It's normal to see some whitish or clear fluid discharge, and is best removed with showers and saline spray.

## Caring for your New Piercing

Your Body needs to be healthy in order to heal! Pay attention to how you feel and make sure you are getting enough sleep, minimizing stress, eating nutritious foods, drinking plenty of water, and keeping your piercing clean.

### **Your piercing is a healing wound and needs to be protected!**

Bacteria can cause infections. Any surface or article of clothing that touches a healing piercing needs to be clean. Be cautious to avoid bumping into or snagging your jewelry on clothing, hair, and other objects.

**Check-up appointments with your piercer at recommended timeframes will help keep your piercing happy and healthy!**

## What Should I Avoid?

- Touching your piercing or turning, twisting, or moving your jewelry.
- Sleeping on your new piercing
- Swimming or soaking your piercing until it is healed. (Please still shower!) Even your bathtub can have infection causing bacteria, and submerging your piercing should be avoided until your piercing is healed.
- Tight clothes or other objects that put pressure on your piercing (headphones, helmets, high waisted pants, etc.)
- Changing your jewelry too soon or taking your jewelry out. Your piercing can close quickly and it can be difficult to reinsert the jewelry.  
If the jewelry does come out and you are unable to reinsert it, please contact us right away to schedule an appointment so that we can help you!
- All beauty and personal care products in the area of your piercing.
- Applying harsh chemicals or any first aid products other than saline to your piercing.

## Downsizing

In the earlier phases of the healing process, it is normal to experience swelling. Your initial jewelry length is sized to accommodate for this. Later in the healing process, this swelling goes away and you will notice that your jewelry fits more loosely. Once this occurs, we recommend a **checkup and downsize appointment** where your piercer will help you fit your jewelry with a shorter post to wear for the remainder of the healing process. Everyone heals differently and the timeline for a downsize can vary from person to person and piercing to piercing.

## Potential Complications

Contact us and/or your physician immediately if you suspect you have an infection.

- The dreaded piercing bump:  
Piercing bumps can be caused by a variety of issues. If this happens, please schedule a consultation appointment to have it checked on by a piercer and do not attempt to pop it!

## What if I have to take my jewelry out!?

Some piercings, especially those still in their healing process can close quickly. If you know you need to have a medical procedure or you need to remove your metal jewelry for another reason, you can schedule a remove/install appointment and we can help you install a glass retainer into your piercing. We suggest avoiding plastic retainers as plastic is often toxic and can harbor bacteria.



# Oral Piercing Aftercare

Rinse your mouth with water after you eat and after you drink anything besides water. Maintaining great oral hygiene is crucial to your healing process. Be sure to use a toothpaste without a whitening factor and also avoid products containing charcoal while the piercing heals. We suggest using a new toothbrush to reduce the amount of bacteria introduced to your new piercing while you are brushing!

If you smoke, please attempt to cut back as it will help your healing process.

It is normal to experience swelling for the first few weeks. Enjoying lots of cold things like ice chips and popsicles can also assist in reducing swelling.

Avoid using straws for the first two to three weeks of the healing process, as the pressure created from suction can cause overswelling. Spicy and acidic foods can cause discomfort during the healing process. Be attentive when you are eating, take small bites and chew slowly as you are getting used to your new piercing.

Downsizing oral piercings is a necessary step to protect the health of your teeth and gums. The initial jewelry length is longer to accommodate for swelling. Once the swelling is down, your piercing needs to be fitted with shorter jewelry. You may need to downsize more than once between when you are pierced and when your piercing has healed to be wearing the ideal jewelry length.

During the healing process avoid sharing drinks, chapstick, cigarettes, or other items that come into contact with your mouth and avoid contact with other people's bodily fluids (regardless of monogamous relationship) to protect your piercing from infection.

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