

ARTISTIC TATTOO INC.
DBA



Suggested Aftercare Guidelines for Piercing Procedures

In Compliance with Suffolk County Sanitary Code Article 14 - Body Art Establishment Regulations

A piercing, much like a tattoo, is one of the most dynamic symbols of self expression. It's important to follow the directions of the professionals at Tattoo Lou's closely to ensure the safest possible healing process. After all, safe and efficient healing will ensure the long life of your piercing.

You were pierced in a modern studio with sterilized instruments and disposable needles; the care is up to you and critical to the healing process!

Body Piercing General Aftercare:

- ❖ You are exposed to many germs and bacteria throughout the day that may cause infections. Be sure to wash your hands each time before handling your piercing. Dry with clean paper towels. Do not use cloth towels.
- ❖ Soak area with sterile saline solution or a liquid anti-microbial cleanser 2-3 times daily. It may be easier to apply using saturated sterile gauze.
- ❖ Dry the piercing area with sterile gauze. Do not use cloth towels.
- ❖ You may shower daily; use soap and rinse thoroughly.
- ❖ During healing, one might experience some bleeding, localized swelling, tenderness, bruising, discoloration, itching and secretion of a whitish-yellow fluid (not pus) that will form some crust around the jewelry as the piercing heals. This is normal and why it needs to be cleaned daily.
- ❖ A piercing heals from the outside inward and thus may appear healed before healing is complete. BE PATIENT!
- ❖ Maintain clean comfortable bedding and clothing.

Avoid the Following:

- ❖ Undue trauma or playing with the piercing.
- ❖ The use of alcohol, hydrogen peroxide, Betadine, Hibiclens or ointments.
- ❖ Oral contact, rough play or any contact with other people's body fluids.
- ❖ Stress, recreational drug use, excessive caffeine, nicotine and alcohol.
- ❖ Submerging the piercing in bodies of water such as lakes, pools, hot tubs, Jacuzzis, marine water, etc.
- ❖ All beauty and personal care products such as cosmetics, lotions, sprays, etc. on or around the piercing.*
- ❖ Do not pick at the crusted matter at the piercing site, this is dried lymph fluid secreted by your body to cleanse the piercing.

❖ The crusting should come off during your routine soaking and cleaning period only.

***If one suspects in any way that the piercing might be infected, immediately seek medical attention.**

Aftercare for Specific Areas:

The Navel

- ❖ A hard, vented eye patch (sold at pharmacies) can be applied under tight clothing or secured using a length of ace bandage around the body (to avoid irritation). This can protect the navel area from restrictive clothing, excess irritation, friction, and impact during physical activities such as contact sports.
- ❖ Do not routinely cover the piercing for extended periods of time; it is best to keep uncovered and breathing as much as possible.

Ear, Ear Cartilage and Facial

- ❖ Use a fresh, clean side of the pillow covering every night.
- ❖ Maintain cleanliness of telephones, headphones/earphones, eyeglasses, helmets, hats and anything else that contacts the pierced areas.
- ❖ Use caution when styling your hair and advise your stylist of a new or healing piercing.

Nipple

- ❖ Use of a tight or snug, clean cotton shirt or sports bra may provide additional protection and make the piercing more comfortable, especially for sleeping or reclining.

Genital

- ❖ Comfort and hygiene are vital. Initially, abstinence is strongly recommended.
- ❖ Be patient and pursue sexual activity only if you feel ready and comfortable.
- ❖ During healing, all sexual activities must be gentle.
- ❖ Prior to sexual activity and to reduce trauma and increase comfort, soak piercing in warm saline solution or plain water to remove any crusty matter.
- ❖ Use clean, disposable barriers such as condoms, dental dams, and Tegaderm to avoid contact with your partner's bodily fluids and sex toys, even in long term relationships.
- ❖ Use a new container of water-based lubricant; do not use saliva as a lubricant.
- ❖ After sex, perform an additional soak or cleansing with clean saline solution.
- ❖ Some piercings can bleed freely for the first few days.

Oral

- ❖ Use an antibacterial, alcohol-free mouth rinse or sterile saline solution for 30 to 60 seconds after eating and at bedtime while your piercing heals.
- ❖ Use a new soft-bristle toothbrush after the piercing to avoid introducing bacteria into your mouth.
- ❖ Eat slowly, taking small bites of food. Avoid eating spicy, salty, acidic, or hot temperature foods or beverages for several days.