

HIPSTA PIERCING STUDIOS AFTER CARE

Body piercing is a worldwide known form of art and self expression. At Hipsta, we take great pride in our work, and are confident in our practices with having 8+ years experience in the industry. If any problems arise, it is important you return to the studio you were pierced at, so we can resolve any concerns. Failure to do so, will result in our ability to rectify any issues.

It is important to keep your new piercing clean and avoid touching it. Touching or sleeping on a fresh piercing are the biggest factors of irritation. Avoid getting soap, makeup or beauty products near your fresh piercing. Swimming is not ideal but ok as long as it is being rinsed with saline solution immediately after. If you are a smoker and getting a piercing in or around your mouth, be sure to rinse after every smoke. Make sure to tighten the ball on your piercing at least once a day with CLEAN hands. Do not use any creams or ointments on your new piercing. **Saline solution only.**

Saline Solution: Add 1 teaspoon of salt to 1 cup of water, mix until salt dissolves. Use to soak or spray your healing piercing. To clean off any crust surrounding your piercing, use an ear bud dipped in saline solution, alternating ends. Avoid cotton balls as the fibres can become trapped or wrapped around your piercing. When cleaning, check the balls are nice and tight with clean hands.

Every piercing is performed with a longer bar to allow for swelling. Once the swelling has gone down (times vary for different piercings) it is important you consult with your piercer to downsize your bar. It is important to come back for your downsize when recommended as jewellery that is too long can lead to issues.

Ear: Soak two times a day with your saline solution. DO NOT TOUCH. Make sure your new piercing doesn't catch on glasses, hair, clothing ect. Do not sleep on your fresh piercing, you do not want it to heal wonky. Irritation is the most common cause of bumps and redness. For a helix it is important to come back around 4 weeks to be downsized to a fitted bar.

Nose: Soak two times a day with your saline solution. DO NOT TOUCH. Avoid getting makeup, skin care products ect near your piercing while its healing, this will slow the healing process. Do you not change to a ring until recommended, this can cause migration and irritation. Make sure you tighten the ball regularly with super clean hands. Once healed you may put your preferred jewellery.

Average healing time - Nose: 6 - 8 weeks.

Ear with Needle: 4 - 12 months.

Earlobe with Gun: 6 - 8 weeks.

Eyebrow: Soak two times a day with your saline solution. DO NOT TOUCH. Make sure your new piercing doesn't catch on glasses or clothing; this will slow the healing process. Be careful not to get your piercing caught on anything. After 4-6 weeks a downsize may be required if the bar is looking

too long. You may experience bruising within the first few days.

Average healing time: 6 - 8 weeks

Tongue: Gargle or rinse your mouth with saline every time you eat, drink or smoke. For the first 24 hours eating ice cubes, ice blocks will help reduce the swelling. AVOID consuming too many dairy products and tongue kissing. Do not play with your tongue bar., this can cause damage to your tongue, teeth and gums. You will need to consult your piercer to downsize to a shorter bar once your piercing is healed. Jewellery with plastic balls are recommended. Keep the balls tightened.

Average healing time: 10 - 14 days

Lip: Soak the outside of your lip in saline solution and rinse the inside of your mouth TWO TIMES A DAY. You may smoke but clean your mouth out with saline solution after every cigarette. Keep the ball tightened. Come back for a downsize in around 3 – 4 weeks.

Average healing time: 3 - 6 weeks

Belly/Nipple: Soak with a cup of saline TWO TIMES A DAY for at least a minute. Make sure your clothing isn't making direct pressure onto your piercing, avoid high waisted or tight clothing. Do not cover your piercing with a band-aid or tape as this will cause it to sweat. Do not touch it or play with it. Keep balls tightened. It is recommended not to change your belly for a MINIMUM of 3 months.

Average healing time Belly/Nipple: 6 - 12 months

Septum: Soak your new piercing with your saline solution TWO TIMES DAY. Do not be tempted to flip the ring up out of the way for the first week as this can irritate the piercing.

Average healing time: 8 - 12 weeks

Body Piercings - You were pierced using a standard Surgical Steel Bar, unless upgraded to Titanium.

Ear Piercings with Gun - You were pierced using Studex Surgical Stainless Steel studs.

If your piercing is red, swollen, weepy or you are unsure if it is healing correctly, it is important to visit your piercer. For any questions or concerns please contact the studio you were pierced at, alternatively you can email piercingenquiries@hipsta.co.nz

Hipsta Palmerston North:

06 356 2826 / palmy@hipsta.co.nz

Hipsta Paraparaumu Beach :

04 298 3161 / pram@hipsta.co.nz

Hipsta Napier :

06 833 6169 / napier@hipsta.co.nz

Hipsta Otaki :

06 364 7161 / otaki@hipsta.co.nz

You were pierced with:

Style _____

Length _____ mm

Gauge (thickness) _____ g

Downsize/earliest change _____ weeks

