

Congratulations!

We are so happy that you came to us for your piercing experience! Please follow these steps to ensure the proper healing of your piercing. If you have any questions, please contact us! Follow-ups are free, since we want to see your piercing beautifully healed.

CLEANING YOUR PIERCING

★ *Always wash your hands before you touch your piercing!* ★

Using a sterile saline solution, spray both sides of your piercing (entry and exit points) 2-3 times per day. With non-woven gauze, make sure to wipe away any crusties or discharge from your jewellery. Pat or air dry to finish.



Keep in mind, swelling, mild bleeding and tenderness around the piercing site is normal. At times, it can be itchy or appear bruised. Be patient with your body's healing process as each body is different, and the healing process can vary per person. **If you are experiencing any difficulties or have concerns about the healing of your piercing, please visit or contact us.**

DISCLAIMER: *These are our suggested aftercare guidelines based on our professional experience and should not be used as a substitute for medical advice. Always contact your doctor if you suspect that your piercing is infected.*

TIPS


- ✓ Avoid touching your piercing unless you are cleaning it. There is no need to rotate the jewellery while it is healing.
- ✓ When showering, make sure to clean your piercing with clean running water. Make sure to fully rinse any chemical products that may come in contact with your piercing.
- ✓ Do not over clean your piercing. 2-3 times per day will do.
- ✓ While cleaning, be sure to check that your jewellery ends are tight and that threaded ends are not loose (i.e. balls, gems, prongs, etc.)
- ✓ Limit contact with your piercing. Including contact with clothing, glasses, personal accessories, or pillows (please do not sleep on your fresh piercing).
- ✓ Keep any beauty products away from your piercing.
- ✓ Do not remove your jewellery until healing is complete.
- ✓ Avoid swimming during the initial stages of healing – in both pools and open water.
- ✓ Be sure to follow-up or downsize your jewellery as recommended by your piercer.
- ✓ Above all, your body is amazing and will take care of most of its own healing if you take care of it. Stay hydrated, eat healthy, get sufficient sleep, and avoid stress!

Contact Us

Still have questions? Give us a shout!

Love your piercing?

*Take a photo and tag us
@ouropiercings*

 (778) 237 - 7788

 info@ouropiercings.com

 www.ouropiercings.com

 /  [@ouropiercings](https://www.instagram.com/ouropiercings)