

### **Body Piercing Care Instructions**

Punktured recommends the use of a professional body piercing aftercare product for the initial healing phase of your piercing (approximately 8-12 weeks)

- Looking for your specific piercing? Click one of the buttons below -



### **Daily Aftercare**

Cleaning is recommended twice a day. Wash hands thoroughly prior to cleaning or handling the piercing.

For standard (external) body piercings, apply your Punktured Aftercare Saline to a cotton tip and clean around the entrance and exit site being careful to minimise the movement of your jewellery as much as possible. Do not remove your jewellery for cleaning. For cartilage piercings, use two cotton tips to gently compress and massage the surrounding tissue to minimise fluid retention and the formation of bumps that can be caused by irritation.

Ensure you are maintaining a healthy lifestyle for the duration of your healing time; this will ensure your body is in the best condition to promote positive healing results.

For oral piercings, directly apply the Punktured Oral Care Soothing Spray twice daily and after meals swishing the solution over the pierced area, then rinse thoroughly with water to remove any residues left behind and spit. Do not swallow the Punktured Oral Care Soothing Spray after rinsing. You can also use an alcohol-free mouth wash where possible. Avoid using alcohol-based mouthwash, smoking, vaping, spicy foods, and uncooked dairy for the first 4-6 weeks.

Advised Optional additional care for the best healing outcome – 'Foaming Cleanser Wash'. For use on all external piercings. Use once to twice daily whilst showering. Use after all other products/soaps/ shampoos have been completed, to aid in removing any unwanted traces of harsh ingredients that may irritate healing area. Use 1-2 pumps of foaming cleanser on fresh and healing piercings and tattoos to clean the affected area from bacteria and other unwanted contaminants. Gently but thoroughly rinse off with clean water before drying off. Use to aid the healing and cleanliness of fresh Piercings.

Avoid touching the piercing, avoid oral contact, avoid rotating or moving the jewellery, and minimise friction caused by clothing by applying a protective sterile patch (available from most pharmacies) where Avoid abrasive products/solutions such as hydrogen

peroxide, harsh soaps, alcohol-based products, tea tree oil, home remedies and avoid the consumption of drugs and alcohol for the suggested healing periods. In the case of a genital piercings, avoid sexual

activity for the initial stage of healing period (approx.1 month). Dermal Anchors should remain covered for 48 to 72

hours following the procedure.

Watch our daily aftercare videos Click here

When to downsize or change your jewellery

The initial piece of jewellery you have been pierced

with has been sized according to your specific anatomy to safely allow for swelling and draining. Swelling may fluctuate throughout the initial healing stage of your piercing. It is important to downsize your jewellery in an appropriate time frame to minimise the amount of movement in your jewellery. Not downsizing your jewellery can result in your piercing getting caught, tearing, migrating and other complications.

Body piercings can take anywhere from 3-12 months to completely heal depending on the area. The body/skin will take approximately 8-12 weeks to form a channel, ideally your initial jewellery should stay in

place for this time to promote the best healing For standard (external piercings) you can change/downsize your jewellery from 8 weeks

onward if there are no visible signs of activity (redness etc) and the site is stable. For oral piercings Punktured recommends downsizing at one month with sterile jewellery only.

As it can be difficult to judge what size you may need, Punktured recommends visiting us instore so we can downsize your jewellery to fit your anatomy. Circular jewellery such as captive rings and circular barbells in lip piercings should only be fitted/worn

> after 3 months of healing to avoid complications/migration.

### Ear Piercings



# **Lobe**Starting from \$38

- Healing time -

3-6 Months

For best results clean your new piercing twice a day.

Once in the morning and once at night with your

Punktured Aftercare Saline.

Do not touch, move, or play with the jewellery throughout the healing period to prevent infection or any bad bacteria getting in the open wound. There may be some discharge forming scabs, this is all completely normal so don't pick or remove as this is your body's natural protective layer for the healing process.

Avoid sleeping on your new piercing and change your pillowcase regularly.

We strongly suggest avoiding swimming in pools, rivers or the ocean until your piercing has healed.

Keep an eye on the jewellery to ensure it's not too tight on the pierced area as this can cause a build-up of fluids and create too much pressure on the healing area. Some swelling/blood is expected so don't stress, however if you are unsure at all please visit us instore.



### Cartliage Starting from \$43

- Ear cartliage procedures include -Tragus - Rook - Helix - Forward Helix - Conch Upper Conch - Daith

- Healing time -

3-6 Months

For best results clean your new piercing twice a day.

Once in the morning and once at night with your

Punktured Aftercare Saline.

Do not touch, move, or play with the jewellery throughout the healing period to prevent infection or any bad bacteria getting in the open wound. There may be some discharge forming scabs, this is all completely normal so don't pick or remove as this is your body's natural protective layer for the healing process.

Avoid sleeping on your new piercing and change your pillowcase regularly.

We strongly suggest avoiding swimming in pools, rivers or the ocean until your piercing has healed. Keep an eye on the jewellery to ensure it's not too tight on the pierced area as this can cause a build-up of fluids and create too much pressure on the healing area. Some swelling/blood is expected so don't stress, however if you are unsure at all please visit us instore.

### Facial Piercings



# Nose Starting from \$43

- Healing time -

3-5 Months

For best results clean your new piercing twice a day.

Once in the morning and once at night with your

Punktured Aftercare Saline.

Do not touch, move, or play with the jewellery throughout the healing period to prevent infection or any bad bacteria getting in the open wound. There may be some discharge forming scabs, this is all completely normal so don't pick or remove as this is your body's natural protective layer for the healing process.

Avoid sleeping on your new piercing and change your pillowcase regularly.

We strongly suggest avoiding swimming in pools, rivers or the ocean until your piercing has healed.

Keep an eye on the jewellery to ensure it's not too tight on the pierced area as this can cause a build-up of fluids and create too much pressure on the healing area. Some swelling/blood is expected so don't stress, however if you are unsure at all please visit us instore.



### **Septum**Starting from \$43

- Healing time -

3 Months

For best results clean your new piercing twice a day.

Once in the morning and once at night with your

Punktured Aftercare Saline.

Do not touch, move, or play with the jewellery throughout the healing period to prevent infection or any bad bacteria getting in the open wound. There may be some discharge forming scabs, this is all completely normal so don't pick or remove as this is your body's natural protective layer for the healing process.

Avoid sleeping on your new piercing and change your pillowcase regularly.

We strongly suggest avoiding swimming in pools, rivers or the ocean until your piercing has healed.

Keep an eye on the jewellery to ensure it's not too tight on the pierced area as this can cause a build-up of fluids and create too much pressure on the healing area. Some swelling/blood is expected so don't stress, however if you are unsure at all please visit us instore.



# **Lip + Labret + Philtrum**Starting from \$43

- Healing time -

3 Months

For best results clean your new piercing twice a day.

Once in the morning and once at night with your

Punktured Aftercare Saline and Oral Care Solution.

Do not touch, move, or play with the jewellery throughout the healing period to prevent infection or any bad bacteria getting in the open wound. There may be some discharge forming scabs, this is all completely normal so don't pick or remove as this is your body's natural protective layer for the healing process.

Avoid sleeping on your new piercing and change your pillowcase regularly.

We strongly suggest avoiding swimming in pools, rivers or the ocean until your piercing has healed.

Keep an eye on the jewellery to ensure it's not too tight on the pierced area as this can cause a build-up of fluids and create too much pressure on the healing area. Some swelling/blood is expected so don't stress, however if you are unsure at all please visit us instore.



# Cheek + Dahlia Starting from \$43

- Healing time -

6-9 Months

For best results clean your new piercing twice a day.

Once in the morning and once at night with your

Punktured Aftercare Saline and Oral Care Solution.

Do not touch, move, or play with the jewellery throughout the healing period to prevent infection or any bad bacteria getting in the open wound. There may be some discharge forming scabs, this is all completely normal so don't pick or remove as this is your body's natural protective layer for the healing process.

Avoid sleeping on your new piercing and change your pillowcase regularly.

We strongly suggest avoiding swimming in pools, rivers or the ocean until your piercing has healed. Keep an eye on the jewellery to ensure it's not too tight on the pierced area as this can cause a build-up of fluids and create too much pressure on the healing area. Some swelling/blood is expected so don't stress, however if you are unsure at all please visit us instore.



# Tongue + Tongue Webbing + Smiley Starting from \$43

- Healing time -

3 Months

For best results clean your new piercing twice a day.

Once in the morning and once at night with your

Punktured Oral Care Solution.

Do not touch, move, or play with the jewellery throughout the healing period to prevent infection or any bad bacteria getting in the open wound. There may be some discharge forming scabs, this is all completely normal so don't pick or remove as this is your body's natural protective layer for the healing process.

Avoid sleeping on your new piercing and change your pillowcase regularly.

We strongly suggest avoiding swimming in pools, rivers or the ocean until your piercing has healed. Keep an eye on the jewellery to ensure it's not too tight on the pierced area as this can cause a build-up of fluids and create too much pressure on the healing area. Some swelling/blood is expected so don't stress, however if you are unsure at all please visit us instore.



# **Eyebrow**Starting from \$43

- Healing time -

2-3 Months

For best results clean your new piercing twice a day.

Once in the morning and once at night with your

Punktured Aftercare Saline.

Do not touch, move, or play with the jewellery throughout the healing period to prevent infection or any bad bacteria getting in the open wound. There may be some discharge forming scabs, this is all completely normal so don't pick or remove as this is your body's natural protective layer for the healing process.

Avoid sleeping on your new piercing and change your pillowcase regularly.

We strongly suggest avoiding swimming in pools, rivers or the ocean until your piercing has healed.

Keep an eye on the jewellery to ensure it's not too tight on the pierced area as this can cause a build-up of fluids and create too much pressure on the healing area. Some swelling/blood is expected so don't stress, however if you are unsure at all please visit us instore.



# **Bridge**Starting from \$43

- Healing time -

2-3 Months

For best results clean your new piercing twice a day.

Once in the morning and once at night with your

Punktured Aftercare Saline.

Do not touch, move, or play with the jewellery throughout the healing period to prevent infection or any bad bacteria getting in the open wound. There may be some discharge forming scabs, this is all completely normal so don't pick or remove as this is your body's natural protective layer for the healing process.

Avoid sleeping on your new piercing and change your pillowcase regularly.

We strongly suggest avoiding swimming in pools, rivers or the ocean until your piercing has healed. Keep an eye on the jewellery to ensure it's not too tight on the pierced area as this can cause a build-up of fluids and create too much pressure on the healing area. Some swelling/blood is expected so don't stress, however if you are unsure at all please visit us instore.

### **Body Piercings**



# Nipple Starting from \$43

- Healing time -

3-4 Months

For best results clean your new piercing twice a day.

Once in the morning and once at night with your

Punktured Aftercare Saline.

Do not touch, move, or play with the jewellery throughout the healing period to prevent infection or any bad bacteria getting in the open wound. There may be some discharge forming scabs, this is all completely normal so don't pick or remove as this is your body's natural protective layer for the healing process.

Avoid sleeping on your new piercing and change your pillowcase regularly.

We strongly suggest avoiding swimming in pools, rivers or the ocean until your piercing has healed.

Keep an eye on the jewellery to ensure it's not too tight on the pierced area as this can cause a build-up of fluids and create too much pressure on the healing area. Some swelling/blood is expected so don't stress, however if you are unsure at all please visit us instore.



# Navel Starting from \$43

- Healing time -

6-9 Months

For best results clean your new piercing twice a day.

Once in the morning and once at night with your

Punktured Aftercare Saline.

Do not touch, move, or play with the jewellery throughout the healing period to prevent infection or any bad bacteria getting in the open wound. There may be some discharge forming scabs, this is all completely normal so don't pick or remove as this is your body's natural protective layer for the healing process.

Avoid sleeping on your new piercing and change your pillowcase regularly.

We strongly suggest avoiding swimming in pools, rivers or the ocean until your piercing has healed.

Keep an eye on the jewellery to ensure it's not too tight on the pierced area as this can cause a build-up of fluids and create too much pressure on the healing area. Some swelling/blood is expected so don't stress, however if you are unsure at all please visit us instore.

#### Advanced Piercings



### Industrial

Starting from \$47

- Healing time -

6-9 Months

For best results clean your new piercing twice a day.

Once in the morning and once at night with your

Punktured Aftercare Saline.

Do not touch, move, or play with the jewellery throughout the healing period to prevent infection or any bad bacteria getting in the open wound. There may be some discharge forming scabs, this is all completely normal so don't pick or remove as this is your body's natural protective layer for the healing process.

Avoid sleeping on your new piercing and change your pillowcase regularly.

We strongly suggest avoiding swimming in pools, rivers or the ocean until your piercing has healed.

Keep an eye on the jewellery to ensure it's not too tight on the pierced area as this can cause a build-up of fluids and create too much pressure on the healing area. Some swelling/blood is expected so don't stress, however if you are unsure at all please visit us instore.



# Surface Starting from \$47

- Healing time -

6-9 Months

For best results clean your new piercing twice a day.

Once in the morning and once at night with your

Punktured Aftercare Saline.

Do not touch, move, or play with the jewellery throughout the healing period to prevent infection or any bad bacteria getting in the open wound. There may be some discharge forming scabs, this is all completely normal so don't pick or remove as this is your body's natural protective layer for the healing process.

Avoid sleeping on your new piercing and change your pillowcase regularly.

We strongly suggest avoiding swimming in pools, rivers or the ocean until your piercing has healed.

Keep an eye on the jewellery to ensure it's not too tight on the pierced area as this can cause a build-up of fluids and create too much pressure on the healing area. Some swelling/blood is expected so don't stress, however if you are unsure at all please visit us instore.



# **Dermal**Starting from \$47

- Healing time -

6-9 Months

For best results clean your new piercing twice a day.

Once in the morning and once at night with your

Punktured Aftercare Saline.

Do not touch, move, or play with the jewellery throughout the healing period to prevent infection or any bad bacteria getting in the open wound. There may be some discharge forming scabs, this is all completely normal so don't pick or remove as this is your body's natural protective layer for the healing process.

Avoid sleeping on your new piercing and change your pillowcase regularly.

We strongly suggest avoiding swimming in pools, rivers or the ocean until your piercing has healed. Keep an eye on the jewellery to ensure it's not too tight on the pierced area as this can cause a build-up of fluids and create too much pressure on the healing area. Some swelling/blood is expected so don't stress, however if you are unsure at all please visit us instore.



### **Genital**Starting from \$110

- Healing time -

3-6 Months

For best results clean your new piercing twice a day.

Once in the morning and once at night with your

Punktured Aftercare Saline.

Do not touch, move, or play with the jewellery throughout the healing period to prevent infection or any bad bacteria getting in the open wound. There may be some discharge forming scabs, this is all completely normal so don't pick or remove as this is your body's natural protective layer for the healing process.

Avoid sleeping on your new piercing and change your pillowcase regularly.

We strongly suggest avoiding swimming in pools, rivers or the ocean until your piercing has healed.

Keep an eye on the jewellery to ensure it's not too tight on the pierced area as this can cause a build-up of fluids and create too much pressure on the healing area. Some swelling/blood is expected so don't stress, however if you are unsure at all please visit us instore.

#### Things to keep in mind

These healing times are a guideline only, it is important to remember that your piercing will not be "active" or painful for the duration of the healing period. Generally, any initial discomfort will only be present for the first week or two. The healing times listed describe the approximate time it will take to be deemed fully healed. Punktured recommends consulting with your piercer before downsizing or changing jewellery, please note our change over service is free of charge when jewellery is purchased in store.

#### What to do if you suspect something is wrong with your piercing:

If you notice a change in your piercing, you experience discomfort/complications or suspect if something is wrong with your piercing, please visit your nearest Punktured studio. Most complications/issues can be easily rectified upon consultation with your professional body piercer.







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DISCLAIMER: The information provided in this document is strictly a guide, all aftercare information whilst based on our extensive knowledge and experience does not substitute the advice of a medical professional. Punktured recommends our clients seek medical advice where necessary in the rare event you suspect an infection has occurred, or the care instructions provided are not adequate for your healing requirements.

