

Your guide to your piercing

Here at Hello Sailor, our body piercings are always performed in a clean environment with brand new jewellery and needles and sterilised equipment by a skilled, knowledgeable professional piercer. When you leave the studio however, the responsibility for the care of your piercing rests with you.

With all new piercings, the most crucial time to give attention to aftercare is the first month but your piercing will heal best if you continue to care for it the minimum times we suggest. The purpose of aftercare and cleaning is to remove any matter or discharge that collection the jewellery and prevent harmful bacteria from collecting in the area of a fresh piercing. Infection or irritation of a piercing generally occurs because of bacteria or foreign matter being forced into the wound and under the skins surface. The single best way to prevent this from happening is to limit the amount of contact you have with the piercing at times other than cleaning. Dirty hands are the most common way that irritants and infectious agents are introduced to a fresh piercing, so if you aren't cleaning your piercing then ***keep your hands off it.***

- Wash your hands thoroughly with an anti-bacterial soap taking care to clean between fingers and under nails before touching your piercing
- Soak a clean cotton swab in the solution and shake off excess. (it is especially important for eyebrow piercings or any ear piercings that the cotton swab is only moist so that excess solution does not run into the eye or ear)
- Let the solution moisten the entry and exit holes of the piercing and remain for one minute to soften any dried matter or discharge which may have formed on the jewellery.
- Clean the jewellery's inside and outside edges completely
- Attempt to clean the piercing three times a day throughout the entire healing time
- Avoid strongly perfumed or coloured products, make up on or around the piercing, and swimming for at least the first few weeks.

The best way to ensure that your piercing heals as quickly as it can is to keep your body healthy. When your body is trying to heal a new piercing it needs you to take care of yourself. A healthy diet, regular sleep and moderation with alcoholic beverages during healing can make a great difference. A daily multi vitamin helps to improve the process of a new piercing and many people will find that an additional zinc or vitamin c supplement will speed the healing process further. We generally discourage the use of antibacterial solutions or ointments because these products do not allow the skin to breathe and residue can attract particles from the air and your clothing which may irritate. Besides, unless you have been neglecting the care of your piercing, these should not be necessary.

In general, facial piercings heal quickly and easily with a minimum of discomfort or inconvenience. The basic rule of thumb is keep your piercing clean and keep your hands off it. We generally

recommend the ***“less is more”*** approach, and the only antiseptic we recommend for healing is saline solution. This will match your body’s salinity and will cause no irritation whilst cleaning and protecting your piercing.

No turning of jewellery. No scrubbing. No harsh chemicals. Just a healthy body and a responsible attitude. At adorn we give detailed aftercare at the time of your piercing both verbally and in writing and we are always available to give advice before, during and after your piercing.

If you have any concerns at any time during the healing period, please pay us a visit as we are always happy to help and provide expert advice for all piercings.