

Jewelry Styles



Date: __/__/____

Style: _____

Gauge: ____

Length/Diameter: _____

Check-up: _____

Downsize?

___ YES ___ NO ___ MAYBE

WHAT TO AVOID:

- ◇ **SUBMERGING** in unhygienic bodies of water (e.g. pool, bath, ocean)
- ◇ **MOVING** your Piercing:
 - Rotating/Removing the Jewelry
- ◇ **CONTACT** with Potential Irritants*
 - Snagging (e.g. hair and combs)
 - Hair/Face Products
 - Dirty Pillow Cases
 - Topicals (Tea Tree/ Neosporin)
 - **UNWASHED HANDS!**
- ◇ **MOISTURE** left around piercing

Troubleshooting TEXT LINE:

(310)625-9728

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PIERCERS:

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@fae.piercings

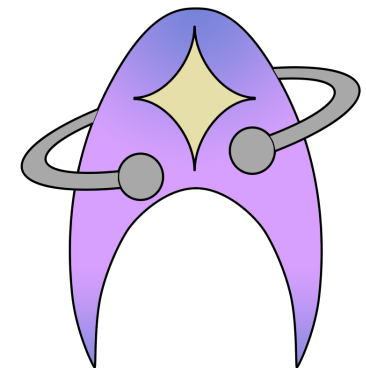
@brendanpiercing

@katelynrobyn



SOFT TISSUE Piercing Aftercare

Your new piercing was performed by a skilled professional with sterile equipment and implant grade jewelry, but this does not guarantee that it will heal appropriately. *Aftercare of your piercing is your responsibility.* Follow this aftercare guide for best healing results.



Aesthetic Ambition

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The Essentials: Saline Irrigation, Placement Specifics, and Downsizing

Why Irrigation?

A healthy body has the power to heal a piercing wound all on its own. No magic potion will speed up this natural biological process. However, because of the presence of jewelry in the piercing, you do need some help removing “crusties” and other potential irritants from the entry-/exit-site and from the exposed jewelry—this process is called **Irrigation**.

How to Irrigate:

The most recommended product for irrigating a healing piercing is a **Sterile Saline Wash** that has been ph balanced to the skin so that it does not interfere with your body’s natural healing process. The spray nozzle should be used to spray off the piercing site and jewelry following showers. This removes hard water, irritants, and “crusties” from the piercing site in a safe and effective manner.*

* Saturating the ends of a Q-tip can be useful for more precise cleaning, but be very **GENTLE** and watch out for prongs on the jewelry!



Oral Care Specifics

- Rinse oral piercings with an alcohol-free mouth rinse after meals and smoking sessions for 2-4 weeks.
- For lip and cheek piercings, follow Saline Irrigation instructions for the external surface of the piercing.
- To help avoid short- and long-term gum and tooth damage, make sure to **Downsize** your jewelry when recommended by your piercer! See right panel for more. --->

Surface Care Specifics

- Follow Saline Irrigation instructions for cleaning the external surface of the piercing and jewelry.
- Minimize movement of the jewelry as much as practically possible. Body posture, clothing style, and sleeping habits can distort and damage the piercing over time.
- Avoid putting pressure on the piercing unless instructed to with a sterile bandage.
- During initial healing, “crusties” may adhere underneath the tops of the jewelry that don’t come off easily with saline irrigation. **DO NOT PICK** at them—instead, see us at your checkup date and we will clean you up safely and painlessly!

What is Downsizing?

Downsizing is the act of **CHANGING** (NOT cutting/trimming) your jewelry post or hoop to a smaller length or diameter piece of the same style and gauge, typically performed after the initial swelling period of healing a new piercing.

Why Downsize?

Downsizing oral piercings at the right time is crucial for avoiding long-term (i) snag-risk, (ii) enamel-loss, and (iii) gum recession caused by exposed jewelry.

After downsize, a properly fitted piece of oral jewelry should NOT constantly rub against the gums or teeth.

