



## Body Piercing Care Sheet

### DO NOT TURN OR TOUCH YOUR PIERCING!!

It is important not to over clean your piercing

### SALINE SOLUTION

Dissolve 1 teaspoon of Sea Salt into 1 cup of boiled water. Use only when COLD. Use this solution every morning and night for 2 to 4 weeks depending on the healing rate of your piercing. This solution keeps for 5 - 7 days. Discard leftovers and make fresh every 5 - 7 days.

1. Clean your piercing with saline solution only. Use GAMOPHEN soap for Nipple, Navel, Dermals and Surface piercings as directed.
2. Try not to BUMP, KNOCK or PLAY with your fresh piercing.
3. Gently wash away any crusts and blood with a clean cotton wool ball soaked in saline solution.
4. Check daily or weekly that the balls are threaded on firmly.

## Notes For Different Piercings

### EARS

Fill cup provided with cold saline solution and dip lobe into solution for approximately 1 minute. Rinse the cup and refill with solution for the other ear, morning and night for 2 weeks. DO NOT DOUBLE DIP as contamination may occur!

### EYEBROW

This piercing is prone to infection and needs to be cleaned more often, especially if you perspire a lot, work in a dusty environment or play sports. Be careful removing clothes as they may catch on the piercing. Bathe the piercing morning and night for 3 weeks.

### NOSE

This piercing needs to be treated very carefully. The nose stud can come out very easily. It is very important to COVER the piercing with a BAND-AID while sleeping! Be careful when removing the Bandaid in the morning as it may be stuck to the nose stud. If your stud comes out and you are unable to get the L shape nose stud back in, then use the straight nose stud we provided immediately to stop the piercing from closing up. Come and see us asap to replace the original stud. Drizzle with saline solution morning and night for 3 weeks.

### TONGUE

This piercing needs special care in keeping the swelling DOWN! Suck on lots of ice, cold drinks etc. until the swelling subsides. If you are able to take Nurofen, it may be taken as an anti-inflammatory to ease the pain and reduce the swelling. DO NOT use a mouthwash as the chemicals in these may irritate your piercing. Gargle with saline solution after every meal, cigarette and especially first thing in the morning and before bed. The tongue heals in 10 - 14 days for most people.

### LABRET, LIP OR BEAUTY SPOT

Drizzle saline solution over the outside of the piercing then take a mouthful and gargle to try and clean the inside of the mouth as well, every morning and night for 2 - 3 weeks.

### NIPPLE

Bathe with GAMOPHEN soap every shower. Wash gently around the nipple with soap and wash the suds away. After finishing your shower towel dry the nipple then fill the cup provided with saline solution. Place nipple inside the cup and bathe for approximately 1 minute every morning and night for 3 weeks.

### NAVEL

Bathe with GAMOPHEN soap every shower. Wash gently around the navel with soap and wash the suds away. After finishing your shower towel dry the area then bathe in saline solution for approximately 1 minute every morning and night for 3 weeks. Some redness and weeping may occur around the top ball in the first 2 - 3 weeks. This is normal, simply wash it away in the shower. No picking!

### DERMALS

Use GAMOPHEN soap when showering. Gently clean your dermal. After your shower towel dry then soak in saline solution for 1 minute then dry. Cover dermal firmly with a Bandaid day and night for the first 7-10 days.

**\*ALL PIERCINGS (EXCEPT THE TONGUE) TAKE AT LEAST 6 - 8 WEEKS TO HEAL**

**\*DO NOT CHANGE YOUR JEWELLERY FOR AT LEAST 8 WEEKS!**