

Great care has been taken to ensure that your new piercing was performed in the safest & cleanest way possible, using only the highest grades of jewelry available!

**THE REST IS  
UP TO YOU!!!**

But don't worry, you aren't alone!  
If you have a problem, question, or concern, do not be afraid to contact us.

We will gladly help you out!



**Eternal  
& Tattoo  
BODY PIERCING**



**COLUMBUS**  
1671 33<sup>rd</sup> Avenue  
**402.563.3804**

**OMAHA**  
120<sup>th</sup> & Blondo  
**402.933.0050**

**FREMONT**  
2246 N Broad St  
**402.816.4270**

YOUR BODY PIERCING ARTIST  
TODAY WAS:

JEWELRY DESCRIPTION

YOUR PROCEDURE  
DATE:

Downsizing/  
Jewelry Change  
DATE

APPROXIMATE  
HEALED DATE

**BODY PIERCING**

**AFTERCARE**

**INSTRUCTIONS**

[www.eternaltattoo.tattoo](http://www.eternaltattoo.tattoo)

# WHAT TO EXPECT

- Some bleeding is normal for the first few days and up to a week in some cases.
- Soreness, redness, and swelling accompany all body piercings, and may stay that way for days, even weeks depending on the piercing
- Normal secretions from your body (lymph, dead cells, plasma) usually yellowish to clear in color. These form the "crusties" around the edge of the piercing.
- Bruising from the piercing is always possible.
- Swelling can cause the area to feel numb or tingly in the first few days. This will subside as the swelling diminishes.
- Itching is normal, and a sign of healing. **TRY NOT TO SCRATCH.**
- Tightness is normal. Do not expect the jewelry to move freely until well after the piercing is healed

# WHAT NOT TO DO

- **DO NOT TOUCH YOUR PIERCING!**
- **DO NOT** use alcohol or Hydrogen Peroxide to clean it.
- **DO NOT** use hand/body soap to clean your piercing.
- **DO NOT** touch your piercing, or let anyone else touch it with bare hands.
- **DO NOT** Allow anyone's bodily fluids to contact the piercing
- **DO NOT** Swim (lakes, rivers,, pools, hot tubs, etc.)
- **DO NOT** Use makeup near the piercing
- **DO NOT** Use Neosporin or other antibiotic ointment
- **DO NOT** Use Betadine, or other iodine products
- **DO NOT** Remove or change the jewelry prematurely
- **DO NOT** Allow personal care products (hairspray, makeup, tanning lotions, hair dye, etc) to come into contact with the piercing.
- **DO NOT** Wear tight fitting clothing (Navel, Dermal, etc).
- **DO NOT** go to sleep with wet hair if you have a fresh ear piercing

# CLEANING & CARE

- **WASH YOUR HANDS!**
- Using a **STERILE SALINE SOLUTION** on gauze or a Q-tip (Gauze is preferred, as q-tips can leave fibers), gently clear away the "crusties" from both side of the piercing. Do this 3-4x / day for the first 2 - 4 weeks. 2x/day after that until you stop getting crusties. (time varies by piercing)
- If your piercer has suggested **EMU OIL** for your piercing, put 1-2 drops on each piercing after cleaning. 2x/day for the duration of healing.
- Practice good hygiene throughout the healing process. This includes (but is not limited to) **WASHING YOUR HANDS** frequently, Clean your sheets/pillow cases frequently, etc.
- Reduce any swelling using ice packs or over-the-counter anti-inflammatory medications. Use as directed.
- There is no need to intentionally rotate the jewelry. The less the jewelry is messed with, the better.
- Take showers, not baths with a fresh piercing, clean the piercing separately after showering.
- Healing times can vary greatly from person to person, and depending on the piercing. If your piercing is still sore, or you are still getting "crusties", continue aftercare until it stops.

# DERMAL ANCHORS

- For the first week to two weeks, keep your dermal covered with a bandage, especially while sleeping or when you are doing anything physically active.
- Sea Salt Soaks are the best method to clean dermal anchors.
- You can use the edge of a folded up gauze or non-wax dental floss to gently clean under the top.
- Once the dermal is healed, the tops may be switched out. Typically 4+ months.
- If you are experiencing problems, or need a dermal removed, **PLEASE COME IN** and we will help you out!

# ORAL PIERCINGS

- Use **ALCOHOL FREE/ NON WHITENING** mouthwash 3-4x/day for 3-4 weeks.-Practice good oral hygiene.
- Use **NON-WHITENING** toothpaste during the healing process.
- Avoid chewing on objects like pens or your fingernails
- Get a new toothbrush for the healing process.
- Avoid exchanging bodily fluids during the healing period.

# SEA SALT SOAKS

- In a small cup (medicine cup or shot glass), put 1/4 tsp of non-iodized sea salt in warm distilled water. (**NOT HOT**)
- Create a seal on your body with the cup, then lean back and let the piercing soak for about 15 minutes.
- For many piercings, it will be easier to soak a piece of gauze or a cotton ball and hold onto the piercing
- Dry the area when you are done with your soak.

# DOWNSIZING

- Most piercings are done with longer (or wider) jewelry to accommodate swelling. Once initial swelling is done, and the piercing begins to heal, this will need to be **DOWNSIZED**. **This is a CRUCIAL part of the healing process.**
- Failure to downsize appropriately can lead to many issues, including pain, pressure bumps, and a crooked piercing.
- Your piercer will recommend a time frame for downsizing. Please follow these recommendations!
- We recommend booking your downsizing appointment before you leave your appointment today.