

## BENEFITS OF TEGARDERM SEALS

- Transparent dressing allows you to easily monitor piercings without the need to change dressings.
- Dressing conforms to the body for easier application and longer wear time for cost-effective use.
- Unique picture-frame style is easy to apply, allowing for one-handed application and less dressing waste.
- Breathable film allows for exchange of moisture vapour and oxygen to provide an environment for enhanced healing.

## SUGGESTED AFTERCARE PRODUCTS

- Natural fragrance free liquid baby soap.
- Remember only a single drop is suggested.

## PRODUCTS TO AVOID

- Alcohol
- Anti-Bacterial Soap
- Antibiotic ointment (eg. Neosporin)
- Any Oil
- Dettol
- Hydrogen Peroxide
- Methylated Spirits
- Sea Salt
- Studex

**Remember, if you wouldn't put it in your eye, don't put it on your piercing.**

## TIPS

- Boost your immune system with great nutrition.
- Consider taking a multivitamin.
- Try using a blow dryer for one minute after showers to evaporate surface moisture.
- Cold, dry, compress for 10–15 minutes as often as needed to counteract inflammation and tenderness which can occur in the first 7–10 days.

This can be accomplished with an ice cube placed inside a Ziploc bag wrapped in a clean paper towel. Gently applied to the inflamed area.

- Warm, dry, compress for 10–15 minutes as often as every hour and each night at bedtime to increase the circulation and bring healing cofactors to the area. With repeated application you may be able to significantly speed your recovery.

This can be accomplished with an electric heating pad set on medium or a warm washcloth, either heated in a microwave or with hot water then placed inside a Ziploc bag wrapped in a clean paper towel.

**Remember, if you wouldn't put it in your eye, don't put it on your piercing.**

## YOUR PIERCING EXPERT

- Scott Jania

## SHOP

8/148 Willis Street, Wellington, 04 384 9170

Mon–Sat 11.00am–7.00pm

Sun by appointment only



# aftercare

**ninjaflower**  
jewellery & body piercing



**safe • simple • gentle**

safe piercing, simple aftercare

gentle approach and

Wellington's largest selection

of top quality body jewellery

**04 384 9170**  
**www.ninjaflower.co.nz**

## ABOUT THE MATERIALS WE USE

We use ASTM certified jewellery materials. This means that they are proven safe for use in piercing applications by scientific testing. Any jewellery that is made of materials that are not certified for human implant applications should be treated as novelty jewellery and never worn in contact with body fluids or worn for extended periods of time. Serious and permanent damage to skin and vital organs can occur from certain materials, as toxins from the materials are absorbed through your skin and into the bloodstream.

## PROPER FIT GUARANTEED

Jewellery for new piercings should be fitted for comfort without excessive movement. We guarantee the fit of your piece. Contact us for replacement if you think it might be too loose or tight. Tight jewellery tends to indent the openings. Loose jewellery tends to move about and cause irritation.

## HOW THE BODY HEALS

- The body will begin by sealing the new opening and defending itself with white blood cells and your natural healing factors.
- New skin can grow very quickly when a piercing gets protection from irritation and infection.
- The body heals quickest when protected and left alone, usually in 90 days.
- The better your nutrition and care during this time, the quicker your piercing will heal.

## WHAT YOU NEED TO DO

- Protect your piercing from biological and chemical contamination. Don't use any antibacterial or antibiotic products, peroxide or alcohol on your piercing.
- Twisting and turning have not proven useful in healing piercings and are not required. It is irritating, like picking a scab.
- Check the jewellery regularly and keep the ends tight at their connections. Wash your hands thoroughly, and then use medical gloves, sterile gauze or folded tissue to grip without direct contact.
- If you are wearing an occlusive bandage such as TEGADERM, ensure that the seal is watertight and replace the dressing when the edges start to peel up or curl.

## YOUR HEALING

Your piercing should look good and feel healthy every day. You should never experience extremes of pain, swelling, redness, heat, from any piercing. These are signs of a problem. Contact us or your doctor for advice.

## WHAT TO EXPECT:

### PHASE 1 (This occurs in the first few weeks.)

- Dry, small scab forms around the jewellery; skin begins to grow.
- Keep the piercing isolated dry and clean.
- Leave scab or dried fluids intact.
- Don't touch, move or rotate the jewellery.
- Avoid pressure from tight clothing or sleeping on your piercing which can cut off the circulation and slow healing.
- Don't contaminate your piercing with dirty hands, scented soap, make up or skin care products.
- While bathing or swimming, keep the piercing dry. or wear a waterproof seal such as TEGADERM (latex free).

Prior to applying any bandage over the piercing, clean off the area surrounding the piercing using a gauze pad and distilled water. (Take care to avoid the jewellery and wound).

- If it gets WET, rinse with clean water and blot dry with sterile gauze or paper towel.
- If it gets DIRTY, wash it with unscented baby soap, then rinse and blot dry with sterile gauze or paper towel.

### Avoid getting the piercing wet or dirty for faster, easier healing.

Avoid sexual and oral contact with unhealed piercings. Healthy nutrition and avoiding alcohol, smoking and drugs will benefit your piercing. Get your vitamins and minerals!

At 30 days, please visit the studio for a free follow up.

### PHASE 2 (Usually occurs after the first week.)

- Healthy people will notice the inside sheds dried scab and cellular waste material; the growing new skin is delicate.
- Continue to protect it until the skin is sturdy and has completely healed and no more of the waste material is secreted on the jewellery.
- Jewellery should not be moved or changed at home until solid healthy skin has sealed the area. We can do it for you safely.

### PHASE 3 (Usually occurs within 30 to 90 days.)

- For a healthy individual by now a tunnel of skin should be sturdy and sealed.
- Keep cleansers, shampoo and scented soaps out of the opening and off the jewellery. Rinse well if you do get anything on or in the piercing.
- Blot dry with sterile gauze or paper towel after bathing to prevent irritation from moisture retained inside.
- When the skin has become sturdy, you can carefully ease back in to your regular activities.
- Changing jewellery on your own should be easy when the piercing is healed.

Should you take out your jewellery for an extended period of time, reinsertion could become difficult. The longer the jewellery is left out, the tighter and more difficult reinsertion can be. The elastic nature of skin can make a healed piercing shrink, but not seal shut. We can usually put the jewellery back in for you with a guide taper, as soon as possible after you remove it. You can purchase a guide to make it easier for you to change or remove in the future.

## ORAL CARE

Use a new **MECHANICAL TOOTHBRUSH** and **WATER** to brush teeth and tongue each day after eating or drinking during healing.

- Wash out food particles and residues with water after meals and snacks. This will help avoid bad breath and infection.
- Don't use toothpaste, mouthwash, peroxides or other oral care products such as Listerine Pocket Packs strips during healing – such products do not aid in healing and may irritate the piercing.
- Drink plenty of cold liquids (ice water, fruit juice and electrolyte drinks). Continue until the area has relaxed back to normal.
- Ice should be soothing if applied consistently until the muscles involved relax.

**Avoid oral contact with anything irritating: alcohol, smoking, spicy, salty, sugary, or highly acidic food and drink.**

- Within two weeks of sealing the piercing, change jewellery to a shorter post to prevent serious tooth damage. A closer fit will reduce wear on teeth and gums. You keep your longer post, as it may be useful later for another piercing of your own body.
- Skin colored (matte pink) titanium pieces are suggested for disguise and can also be used for healing. However, there are currently no clear or flesh tone plastic pieces that meet ASTM standards for implant certification.

## AND IN CLOSING...

Please come back to show us your results as part of our ongoing process of improvement and development of our techniques and documentation of our work. You play an important role in our quest to make the art and science of piercing safe, simple, and gentle.

## NOTES

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Piercing

Gauge

Length