

Dos/Don'ts

Do

- Stay healthy & drink water
- Keep the piercing dry
- Ice the piercing in the first 7-10 days at least 5 times day
- Apply warm dry compresses daily after the first 7-10 days and until the piercing is fully healed
- Keep the piercing clean with a gentle fragrance free soap, baby soap
- Come back for a 1 month check-up.

Don't

- Touch the piercing
- Sleep on the piercing
- Remove the jewellery - the piercing chanel can collapse and close quickly.

If you wouldn't put in your eye don't put it on your piercing

Notes

Date

Estimated Healing Time

Check-up/Downsize Date

Piercing(s)

Gauge

Length/Diameter

We Are Here To Help so if you have any questions or concerns about healing your piercing feel free to ask!

Happy Healing!

aftercare

ninjaflower jewellery & body piercing

90 Dixon Street, Wellington


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Tuesday–Friday 11.00am–6.00pm

Saturday 11.00am–5.00pm

Closed Sunday & Monday

www.ninjaflower.co.nz

 [ninjaflower](https://www.facebook.com/ninjaflower)  [ninjaflowerwellington](https://www.instagram.com/ninjaflowerwellington)

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Daily care

- **Stay Healthy** - good nutrition, drink water and get plenty of sleep
 - consider taking a multivitamin.
- **Avoid Touching/moving** the piercing and avoid friction or pressure
 - for ear piercings consider using a U shaped travel pillow to sleep on, sleeping on a piercing delays healing and can cause swelling. The pressure will also cause piercings to migrate or the angle to change.
- **Leave The Scab** or dried fluids intact - clear or light colours of discharge are healthy normal colours.
- **Avoid Moisture** - Keep the piercing dry or dry it off if it gets wet
 - a hair dryer on a cool setting for a minute or gently blotting with a paper towel are the most effective methods
 - avoid soaking the piercing - swimming/hot tubs/baths for example.
- **Keep It Clean** - we suggest using a gentle fragrance free liquid baby soap - "Dr Bronners" baby mild soap is a brand we recommend and sell - a single drop applied with clean fingers in the shower.
- **Avoid Chemical Based Products** - if you wouldn't put it in your eye, don't put it on your piercing.

- **First 7-10 days**
 - to counteract inflammation enjoy a cold dry compress
 - ice in a zip lock bag and held next to the piercing for 10 minute intervals - at least 5 times a day.
- **For the rest of the healing** - which can take 3 months or longer
 - enjoy a daily warm dry compress to encourage circulation to the piercing
 - a wet wash cloth placed in a microwave for 20 seconds or longer then placed in a clean zip lock plastic bag and held gently on the piercing for at least 10-15 minutes at least 3 x a day.
- **Follow Up** – we suggest stopping in for a 1 month check-up - no booking required.
- **Most Piercings** can benefit from downsizing either during the healing period or once healing is complete – we sell the posts separately.

