

- - - Cleaning Instructions - - -

Body Piercings:

- Don't touch your piercing unless you are cleaning it with clean hands. Avoid turning or rotating jewelry. This will prolong healing and allow for bacteria to enter your piercing.
- While in the shower after you are done with all shampoos, conditioners, body washes and/or other products with fragrance, let the hot water hit directly on your piercing for as long as you would like. This will help rinse any foreign and potentially harmful products from your piercing.
- Be gentle with your towel. Avoid snagging or pulling your piercing!
- Seal salt water is the only substance you should be using to clean your piercing. You can use H2OCEAN which we sell in the studio or you can make a sea salt mix of your own at home.
- Saturate a cotton ball with sea salt water and gently rest on piercing letting it soak down into the fistula.

Sea Salt Mix:

Dissolve ¼ teaspoon of non-iodized (iodine free) sea salt into one cup (8oz.) of warm distilled or bottled water. You can use this mix to do a sea salt soak on any piercing that needs a little extra care. Soak piercing for 5-10 minutes once or twice a day.

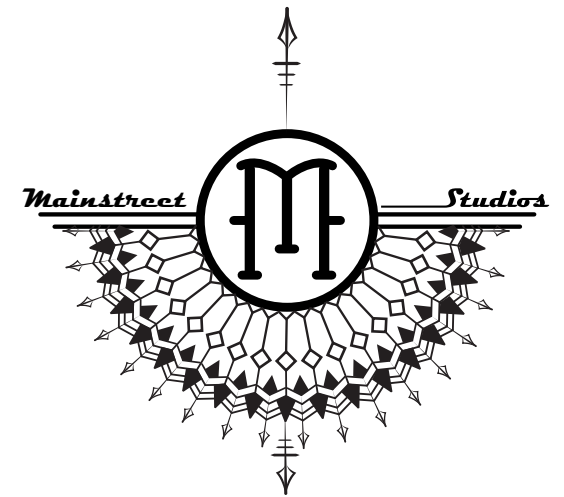
Oral Piercings:

- Rinse mouth with a non-alcoholic mouth wash or a sea salt mix for 30 seconds after meals, smoking, drinking fluids other than water and at bedtime during the entire healing period.
- H2OCEAN mouth rinse is sold in studio.
- Biotene® is an excellent non-alcoholic mouthwash to use for your healing piercing.
- Cleaning too often or with too strong of a rinse can cause unhealthy discoloration and irritation to your mouth and piercing.

- - - - - Tips & Hints - - - - -

General things to remember:

- Leave jewelry in at all times! Even well-healed piercings can shrink or close in minutes even after having been there for years.
 - Should you decide you no longer want to keep your piercing, simply remove your jewelry (or have a professional piercer remove it) and continue to clean the hole as it closes.
 - In the event an infection is suspected, quality jewelry or an inert alternative should be left in place to allow for drainage of the infection. If the jewelry is removed, the surface cells can close up, trapping the infection inside of the piercings which can result in an abscess. Do not remove your jewelry unless instructed by a medical professional.
 - If you see a bump near the piercing, please come in and see us. We will help you fix it.
 - A piercing may appear fully healed before the healing process is complete. This is because tissue heals from the outside in. Be patient and continue to clean your piercing regularly.
- Oral piercing tips:
- Eating. Yes, you're allowed to eat. Slowly eat small bites of food placed directly into your molars. Avoid eating spicy, salty, acidic or hot temperature foods or beverages for a few days. Cold foods and beverages are soothing and help reduce swelling. Try to eat foods that are more solid and/or wet. Foods such as mashed potatoes and oatmeal are harder to eat because they stick to your mouth and jewelry. For tongue piercings, try to keep your tongue level in your mouth as you eat to avoid biting your jewelry.
 - Jewelry. In about 2-4 weeks come back in and we will shorten your jewelry for you! In the event that you need to take your jewelry out for a medical procedure, work, school, etc., we offer retainers that are healthy to wear in your piercing.



Mainstreet Studios/Body Piercings By Ashley
1539 Cleveland Ave. Ashland, OH 44805 • (419) 207-1178



Thank you for choosing us to perform your new, fresh body adornment! It's very important to keep in touch with your piercer while healing a new piercing. Our goal is to provide you with only the best quality jewelry and to make sure placement and aftercare is on point! If you ever have any questions, comments or concerns please call the studio during business hours or direct contact Ashley or one of our staff.



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Other Tips To A Healthy Piercing

- - - Jojoba and Vitamin E Oil - - -

- Jojoba [hoh-hoh-buh] oil and vitamin e oil are both excellent in helping to maintaining a healthy piercing. Massaging your piercing with a small drop of either oil can help break down scar tissue and keep the skin hydrated.
- It's great to use if you feel your skin and piercing becoming dry, especially during the winter season.
- Jojoba oil is all natural and full of antioxidants.
- It's nourishing and helps heal.
- It makes an excellent lubricant for putting in jewelry, especially lobe jewelry.

- - - Chamomile - - -

- Chamomile can be used as an anti-irritant, anti-inflammatory and is useful in helping calm wounds naturally and gently.
- If you notice your piercing is irritated and you're experiencing some discomfort, try steeping a bag of pure chamomile in warm water and either rest the tea bag on your piercing or soak in the water for 5-10 minutes.
- You can also steep chamomile into your sea salt solution to help calm your piercing while you clean it.
- A good trick for swollen piercings is to make up the mixture and pour it into an ice cube tray. Freeze chamomile cubes to help calm and reduce swelling.

- - - GOOD - - -

- Wash your hand every time you clean your piercing, before and after.
- Be healthful! A healthy diet and over all healthy body will heal a piercing much faster and more successfully than an unhealthy one.
- Drink lots of water. Water is the best thing for your body. The more water you drink, the healthier your piercing is going to be.
- Keep your sheets clean. Make sure you're sleeping on clean pillow cases and washing your bedding regularly.
- Shower every day and avoid taking baths. Showers only! Don't soak your piercing for long periods of time, especially in dirty water.
- With clean hands and/or a paper product, be sure to regularly check and make sure your jewelry is secure and threaded tightly. (Righty tighty- lefty loosey)

- - - What Is Normal - - -

- Swelling, bleeding, tenderness, and/or bruising are all normal.
- **During the healing period you can expect some minor discoloration as well as itching and secretion of a whitish-yellow fluid (not pus) that will form some crust on and around your jewelry. Do not pick at it!**
- Tissue around your jewelry may tighten as it heals.

- - - BAD - - -

Body Piercing:

- Do not play with your jewelry!
- Avoid cleaning with Bactine®, Neosporin®, Betadine®, Hibiciens®, Dial®, ear piercing solutions, alcohol, hydrogen peroxide or other harsh substances.
- Avoid over-cleaning your piercing. This could delay healing and irritate your piercing.
- Avoid any trauma such as friction from clothing, phone, excess motion of the area, rotation of the jewelry and vigorous cleaning. These activities can cause formation of unsightly and uncomfortable scar tissue, migration, prolonged healing and other complications.
- **DO NOT SLEEP ON YOUR PIERCING!!!**
- Do not change your jewelry the first time! Come in and we will do it for you!
- Avoid submerging your piercing in bodies of water such as lakes, pools, hot tubs, etc.
- Avoid getting all beauty and personal care products on or around your piercing. No lotions, cosmetics, sprays, etc.
- Don't hang charms or any other foreign object from your jewelry until the piercings is fully healed.

Oral Piercings:

- Do not play with your jewelry. Long term effects include permanent damage to teeth, gums and other oral structures.
- Avoid rough play, oral contact and contact with others' bodily fluids on or near your piercing during healing.
- Do not suck on straws, candy, gum, cigarettes or ice. If you're using ice to help reduce swelling, avoid sucking and let the ice rest in your mouth.
- Avoid stress and recreational drugs use including excessive caffeine, nicotine and alcohol.