



BODY PIERCING AFTER CARE GUIDE

We hope you enjoy your new piercing! For a happy and healthy healing, we suggest the following instructions during the entire healing process. Everyone's body is different, so healing time may vary. Should you have questions or concerns about your piercing, do not hesitate to reach out via IG or email.

CLEANING SOLUTIONS: External Care: Sterile Isotonic Saline solution
Internal care: ANTISEPTIC non-alcohol oral rinse

1. Wash your hands before you touch the piercing ALWAYS.
2. Wash your piercing LAST in the shower using your everyday wash, being careful to not snag your new jewelry.
3. Leave the piercing alone while not cleaning it. The less you touch it, the less likely you are to get an infection.
4. Use the saline solution 1 to 2 times during the day to cool and clean off any "crusties" between showering/washing with soap.
5. After cleaning with the suggested solution, rinse the piercing thoroughly with warm water and pat dry with a CLEAN paper towel.
6. Should you have questions or concerns about your piercing, please contact Titan Tattoo.
7. Avoid going to bed with wet hair with freshly pierced ears.

HELPFUL HINTS

- Some swelling is normal and can be reduced by applying or sucking on ice.
- Check the balls on the ends of your jewelry after washing them to ensure they are on tight.
- Do not remove your jewelry during the ENTIRE healing process.

DO NOT USE:

- Hydrogen Peroxide.
- Rubbing (isopropyl) Alcohol.

FOR FACIAL PIERCINGS:

- Avoid makeup, moisturizers, powders and creams.

FOR GENITAL PIERCINGS

- Wear clean clothing
- Be prepared for extra bleeding for the first few days.
- If you engage in sexual activity, maintain hygiene barriers such as condoms, dental dams, and waterproof bandages.
- Use a saline rinse after sexual activities.

FOR NIPPLE PIERCINGS

- Wear clean clothing.
- Avoid oral contact during the entire healing process, if unavoidable, clean well afterwards.
- Avoid contact with lotions and creams.

FOR TONGUE PIERCING

- For the first two weeks, rinse mouth with antiseptic oral rinse 30 seconds after eating or drinking anything that isn't water. AVOID BEER AND YOGURT.
- Don't play with your piercing. Keep your tongue in your mouth in a relaxed position as much as possible.

FOR DERMAL ANCHORS

- AVOID SUBMERGING DERMAL AT ALL COSTS. No bubble baths, or swimming with dermal area submerged.
- Avoid sunscreen in/on/around the procedure site.