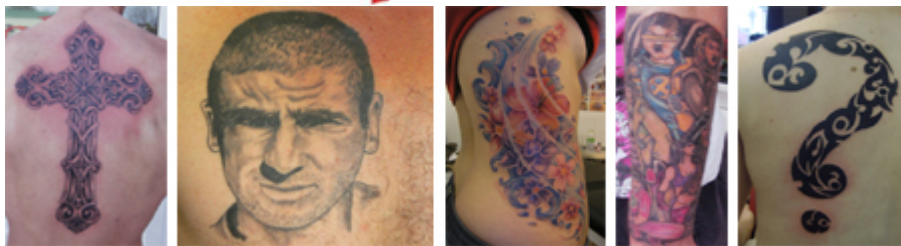




holey SKIN



Bristol's Leading Professional Tattoo & Body Piercing Studios

After Care - Piercing

Holey Skin provide a comprehensive aftercare service which includes the best advice on looking after your tattoo and/or piercing. Tattoo aftercare packs as well as tailored piercing aftercare packs for are available to purchase in studio.

Please read below the type of aftercare you are looking for below.

- Listen up... The aftercare of your new piercing is of the utmost importance and any piercing should be treated as an open wound. We highly recommend that every body piercing client follow the aftercare and hygiene instructions as highlighted in this information sheet in order to accelerate the healing process so they may fully appreciate and enjoy their piercing.
- **Immediate aftercare...** All clients will be talked through the aftercare process by one of our highly experienced Body Piercers. An aftercare pack is available to purchase if required which contains all products recommended by Holey Skin according to individual piercing, containing required supply to cover life of piercing aftercare. Alternatively clients will be advised of products available to purchase from retail outlets.
- All piercings can swell in the first few days depending on individual tolerance. This is however quite normal and for this reason all piercings are carried out initially with sterile jewellery, all of which has been sterilised with state-of-the-art ultrasonic cleaners and autoclaves. All Holey Skin, Body Piercers follow the highest standards of hygiene and piercing standards. It is nevertheless YOURSELF, the client's responsibility to take the utmost care of your piercing to avoid easily avoidable infection.

The following guidelines outline recommended aftercare for specific piercings.....please read carefully!!!!!!

- **Tongue & Lip Piercing** (for outside of lip please refer to soft tissue piercing section) It is recommended to avoid dairy products, alcohol (sorry!) spicy foods, hot meals & hot drinks for the first 2 weeks. Drink instead lots of cold drinks – preferably water, or sucking crushed ice helps to reduce swelling. You should rinse your mouth with antiseptic mouthwash after each meal and drink to prevent infection. With a tongue piercing you should also buy a new toothbrush and brush your tongue and the bars once each day. If you do experience any pain or discomfort then use a painkiller containing Ibuprofen such as Nurofen. **Do not take Aspirin as this thins the blood and will result in bleeding.** A high protein diet is also recommended for the first week.
- **Navel & Soft Tissue Piercing.** Soak the piercing with mild antiseptic to remove any crusty build ups (lymph). Then using cotton buds thoroughly clean the piercing area. Do not clean with soap. Cleaning should be done 2-3 times daily. Avoid having baths, using swimming pools or hot tubs until completely healed.
- **Cartilage Piercing** These piercings can take several months to heal and should be cleaned following soft tissue piercing instructions.
- **General Aftercare for all Piercings** Please resist the urge to play with or touch your piercing other than when cleaning or until completely healed - you will only delay the healing process!!!! Keep dirty fingers and tight or dirty clothing away from a new piercing. We advise that you take zinc capsules (1 capsule a day with meals) to accelerate the healing process. Tongue and labrets bars should be replaced by a shorter bar after 2-3 weeks. Navel bars can be changed after 6 months once the piercing has settled down

For any questions please email the studios at
info@holeyskin.co.uk

Or call us on
Angels at Holey Skin 0117 907 6567
Holey Skin Gloucester Road 0117 377 0613
Pins and Needles Lawrence Hill 0117 907 6568

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