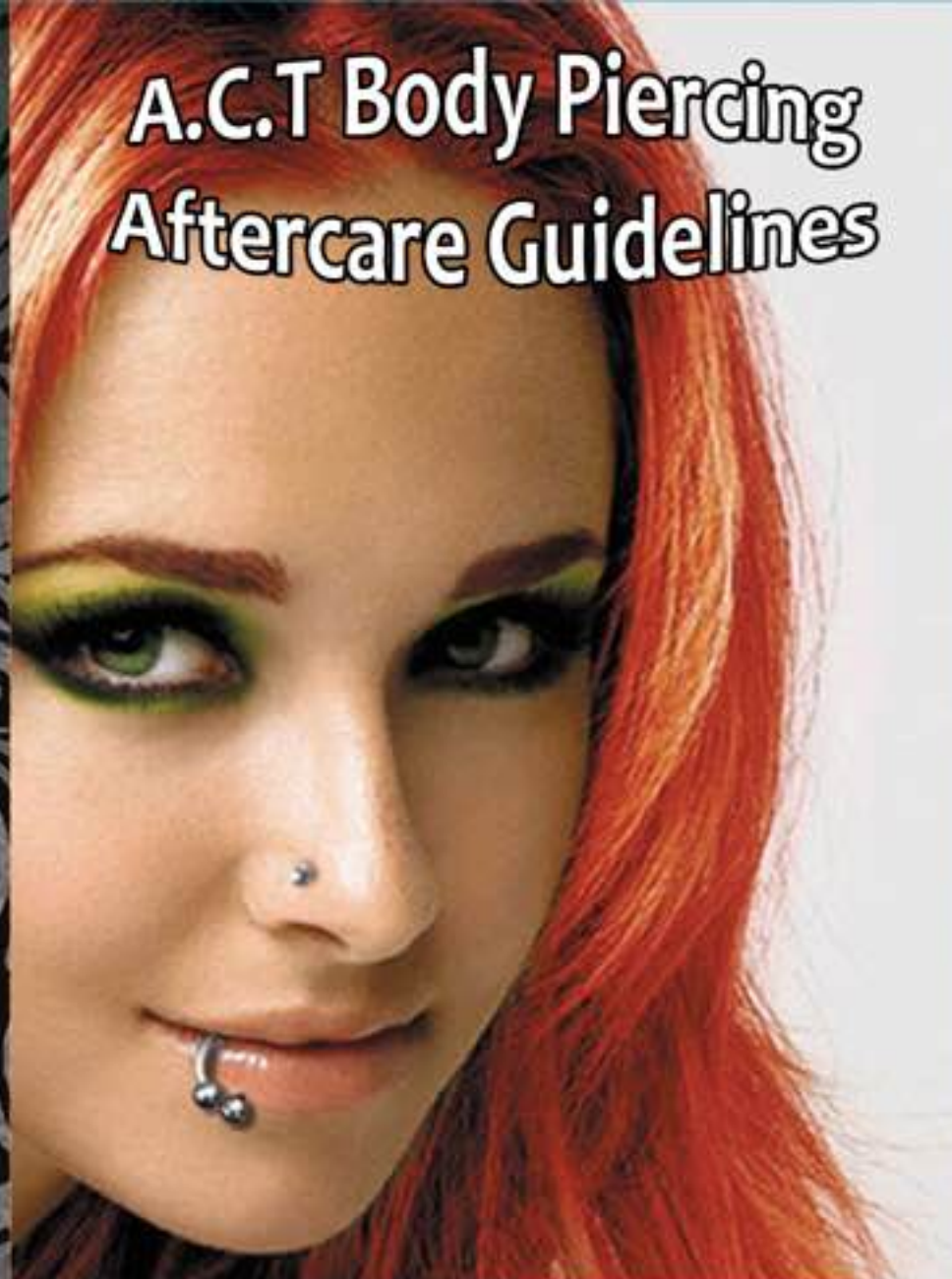




A.C.T Body Piercing Aftercare Guidelines



Hints and Tips:

Navel:

- Avoid tight, cinching belts and waistbands and inflexible clothing on the area during healing.
- A hard, vented eye patch (sold at pharmacy) can be applied under tight clothing (such as nylon stockings) or secured using a length of ace bandage around the body (to avoid irritation from adhesive). This can protect the area from restrictive clothing, excess irritation and impact during physical activities such as contact sports.

Ear/Cartilage/Surface Ear/ Rook/Tragus/Industrial:

- Shield piercing from hair spray and avoid getting lotion, make up and other personal care product in piercing.
- Make sure pillow cases are clean and changed frequently.
- Clean your telephone receiver inside and out with Lysol or other disinfectant. Avoid contact with your piercing to any shared phone.

Nipples:

- It is advisable to sleep in a cotton tank top or tee shirt especially if you have any pets that get on or in your bed. Many women find sleeping in a bra or sports bra to be best.

Your _____ piercing
is expected to take _____ or longer to heal.

_____ Piercer

_____ Jewelry

_____ Earliest Change/Downsize Date

A.C.T Body Piercing & Tattoos
Square One Mall (Next to Best Buy)
1201 Broadway • Saugus, MA 01906
(781) 231-3338 • act-ma.com



Suggested
Aftercare Guidelines
For Facial & Body Piercings



What Is Normal:

- For the first three to five days: Significant swelling, light bleeding, bruising, and/or tenderness.
- After that: Some swelling, light secretion of a whitish yellow fluid (not pus).
- A piercing may seem healed before healing is complete. This is because piercings heal from the outside in, and although it feels healed the tissue remains fragile on the inside. **BE PATIENT**, and keep cleaning throughout the entire healing period.
- Even healed piercings can shrink or close in minutes after having been there for years! This varies from person to person; if you like your piercing, leave the jewelry in place.

What To Do:

To help reduce swelling...

- Allow small pieces of ice to dissolve in mouth.
- Take an over-the-counter, non-steroidal anti-inflammatory such as Ibuprofen or Naproxen Sodium* according to package instruction.
- Sleep with your head elevated above your heart during the first few nights. *To maintain good oral hygiene*
- Use a new soft-bristled toothbrush and keep it clean.
- Brush your teeth, and use your chosen rinse (saline or mouthwash) after every meal.
- During healing floss daily, and gently brush your teeth, tongue and jewelry. Once healed, brush the jewelry more thoroughly to avoid plaque build up. *Stay healthy!*
- The healthier your lifestyle, the easier it will be for your piercing to heal.
- Get enough sleep and eat a nutritious diet.

What To Avoid:

- **DO NOT PLAY WITH THE JEWELRY.** Long term effects of playing with, and clicking the jewelry against the teeth can result in permanent damage to teeth and other oral structures.
- Avoid undue trauma; excessive talking or playing with the jewelry during healing can cause the formation of unsightly and uncomfortable scar tissue, migration and other complications.
- Avoid any mouthwash containing alcohol. It can irritate the area and delay healing.
- Avoid oral sexual contact including French (wet) kissing or oral sex during healing (even with a long term partner).
- Avoid chewing on gum, tobacco, fingernails, pencils, sunglasses, etc.
- Avoid sharing plates, cups and eating utensils.
- Avoid smoking! It increases risks and lengthens healing time.
- Avoid stress and all recreational drug use.
- Avoid any aspirin or alcohol, and large amounts of caffeine.
- Avoid submerging in bodies of water such as lakes, pools etc.

Oral Cleaning Instructions:

Rinse mouth 4-5 times daily with cleaning solution for 30-60 seconds after meals and at bedtime during the entire healing period. If you over clean, it may cause discoloration or irritation of tongue:

- **WASH** your hands thoroughly prior to cleaning, or touching on or near your piercing for any reason.
- **SOAP** no more than once or twice a day. While showering, lather up a pearl size drop of the soap to clean the jewelry and the piercing. Leave the cleanser on the piercing no more than thirty seconds, then rinse thoroughly to remove all traces of the soap from the piercing.
- **DRY** with disposable paper products such as gauze or tissues, because cloth towels can harbor bacteria and catch on new piercings causing injury. Pat gently to avoid trauma.

Body Piercings:

Because of their very nature, take an incredibly long time to heal and are extremely prone to bacterial infections and allergic reactions. Healing times for body piercings can vary considerably depending on many factors ranging from the location of the piercing to variations in individual physiological factors; they can also be lengthened by infections or other irritations. Some of the average healing times for

Body Piercings include:

Eyebrow: 8-weeks • Ear Lobe: 8-weeks
Ear Cartilage: Up to 1-year • Tongue: 4-weeks
Navel: Often more than 1-year • Nipples: 6-months
Nostril: 4-months • Septum: 8-months • Lip: 3-months

Official Website: www.act-ma.com

Facebook: www.facebook.com/actma

Suggested Piercing Cleaning Solutions:

Use either one or both of the following solutions for inside mouth:

- H2Ocean-Is a very effective product for cleaning and healing your body piercing. H2Ocean's Sterile Piercing Aftercare Spray is a natural product to your body. Every 3-4 hours just spray H2Ocean on the pierced area and allow solutions to absorb into the skin. **DO NOT WIPE OFF.**
- H2Ocean Arctic Ocean Rinse is formulated with all natural ingredients to heal new oral piercing and maintain existing oral piercing.
- Dr. Piercings Aftercare is the only product to offer the combined power of an anti-microbial cleanser, a protective antiseptic and a pain-relieving anesthetic, all in a saline-based solution.
- Emu Oil relieves the sting from needlework and piercings. It reduces the inflammation and redness to the area. Emu Oil aids the skin in healing faster than any other topical ointment.



A.C.T. carries
Emu Oil Shampoo
and other
products in
our store

Micro-Dermal:

After Micro-Dermal Care is needed to protect the perforated region. The area needs to be cleaned on a daily to prevent infection and other health complication.

- Put one drop of Emu Oil on your finger and gently massage around jewelry.
- Spray H2Ocean 3 to 6 times per day and let it air dry. Sea Salt water cleans a just injured area and prevents any cases of infection.