

Peppermint *Piercing* **AFTERCARE**

RULES FOR A HAPPY PIERCING

- Keep it clean
- Keep it dry
- NO TOUCHING!

YOU MAY NOTICE THESE (NORMAL) THINGS...

- Bleeding (minor)
- Bruising
- Crusting (not pus)

DO:

- ✓ Irrigate the piercing with sterile 0.9% saline intended for wound wash only - twice a day until downsize, then once a day + water rinse daily
- ✓ Wash your hands thoroughly before touching your piercing
- ✓ Gently remove excess crust with a saline-dampened Q-tip/gauze
- ✓ For ear piercings: dry hair before going to bed

DO NOT:

- ✗ Twist or turn your piercing
- ✗ Use other products, such as iodine or peroxide or alcohol, on your piercing
- ✗ Swim for at least 3 weeks for lobes, at least 6 weeks for cartilage piercings (pool). Double that for lake/river/ocean swimming.
- ✗ Let cosmetics or sprays touch your piercing

TIPS:

- For the best heal, use implant-grade jewelry only for 1 year (implant grade titanium or 14kt or higher gold - no plated metals or sterling silver)
- For cartilage piercings: use a piercing pillow for sleeping to avoid migration of jewelry
- If you think your piercing is infected, do not remove your jewelry, as this could trap the infection and form an abscess. Implant-grade jewelry should remain in place until the infection is cleared up.
- Troubleshooting appointments can be made at peppermintpediatrics.com/piercing

JEWELRY CHANGES:

- Downsizing appointments may be made at peppermintpediatrics.com/piercing
- Please downsize on time
- Remember to keep some form of jewelry in your piercing at all times for at least a year to avoid closure

Downsize in _ _ _ weeks. May change jewelry in _ _ _ weeks/months.
Length: _ _ _in Gauge: _ _g Manufacturer: _____ Post: Neometal