

Body Piercing Aftercare Instructions

BODY PIERCING AFTERCARE INSTRUCTIONS

Following your Body Piercing treatment, it is important to adhere to the aftercare advice provided to ensure optimal results and minimise any potential complications. Please review the aftercare recommendations below:

Clean Regularly: Twice a day, clean the piercing with a saline solution or gentle, fragrance-free soap. Avoid using harsh chemicals like alcohol or hydrogen peroxide, as they can irritate the skin.

Hands Off: Resist the temptation to touch or twist the piercing. Your hands carry germs that can lead to infections.

Stay Dry: Pat the area dry with a clean, disposable paper towel after washing. Moisture can harbor bacteria, so keeping the piercing dry is key.

Loose Clothing: Wear loose, breathable clothing around the piercing site to prevent irritation and allow air circulation.

Avoid Swimming: Stay out of pools, hot tubs, and natural bodies of water while your piercing is healing to prevent exposure to bacteria.

Be Mindful of Signs of Infection: Watch for redness, unusual swelling, excessive pain, or discharge. These symptoms might indicate an infection, requiring prompt attention from a healthcare professional.

Follow Piercer's Instructions: Your piercer knows best. Follow any specific advice they give you regarding aftercare and healing times.

Sleep Smart: Try to avoid sleeping on the piercing. Pressure can cause irritation and delay healing.

Stay Healthy: Maintain a healthy lifestyle. A balanced diet, staying hydrated, and getting enough sleep can support your body's healing process.

Remember, the healing process can vary depending on the type of piercing and your body. Be patient and consistent with your aftercare routine for the best results. If you have any concerns or suspect an infection, don't hesitate to consult a professional.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided.

Confirmation *

☐ I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.