



## PIERCING CARE

### Dos:

- Always keep your new piercing clean.
- Wash your hands clean before touching
- Avoid oral or sexual contact with piercing
- Wash jewelry back and forth while cleaning, preferably with the help of a ear bud.
- Drink plenty of fluids especially water. Eight glasses a day at the very least.
- At least eight hours of sleep a night
- Try to reduce the stress in your life
- Vitamin C and Zinc supplements to help speed the healing process
- Lots of fruits and vegetables, and a multi-vitamin if needed
- If the pain bothers you, take Ibuprofen.

### Donts:

- Don't ever put hydrogen peroxide or alcohol on a piercing. They are too drying and will delay healing.
- Don't ever use Neosporin on a piercing. It can actually trap bacteria.
- Don't ever remove your piercing jewelry before the piercing is completely healed, which may take months.
- Don't sleep on your piercing until the initial healing phase is over.
- Don't wear tight clothing over your piercing during the initial healing phase.

- Don't smoke, chew gum or use snuff or rub during the healing period; these increase the risk of piercing infections.
- Don't play with the piercing jewelry or click it against your teeth; this can cause cracking of your tooth enamel.
- Don't engage in any activities, including kissing, that exchange body fluids during the initial healing period of several weeks.

### About Infections

- If you see an increased redness, tenderness, heat, swelling occur in a piercing that is through cartilage, seek medical treatment with antibiotics immediately. An infection of a piercing in cartilage may form a permanent swollen lump on the ear.
- Mild infections of the ear lobe (soft tissue) may be treated with proper cleansing and the local use of antibiotic ointment daily for one to two weeks. If no improvement, medical evaluation and treatment is recommended.
- If you have a nasal piercing and signs of infection (increased redness, tenderness, heat, swelling) occur, you must seek medical care immediately. Infection of nasal piercing can spread to the brain and cause serious complications.

For any further doubts you can call Sameer on +91.98203 42044  
for direct help and guidance, free of cost.