

PIERCING AFTERCARE

The aftercare you give your piercing will determine how well and how quickly it will heal. It is important to do everything possible to avoid infection. Our aftercare guide provides general guidelines for the care of your new piercing.

For various reasons there are products you should never use on a piercing. These include, but are not limited to rubbing alcohol, hydrogen peroxide, Bactine, Neosporin, hand sanitizer, Bandaid Wound Wash, essential oils, etc. If your piercer did not recommend it, don't use it!

While your piercing is healing, there are common bodily reactions that are not cause for concern. Slight redness, crusting, clear discharge, slight swelling, tenderness, and minor bleeding are all normal. However, if you experience itching, rashes, excessive swelling, extreme pain, dark or foul-smelling pus, or uncontrollable bleeding, it is recommended that you contact a professional piercer or piercing-friendly physician.

Healing times vary greatly from person to person and piercing to piercing. Your piercing will take approximately 6-12 months to fully heal, while the initial healing phase will take 6-12 weeks. If you are experiencing any problems, do not remove your jewelry. Removal of jewelry will eliminate an exit for discharge and can seal any infection inside, causing an abscess or making you seriously ill.

Jewelry should be left in during the entire healing process. If any jewelry changes are necessary, they should be made by a professional piercer.

After the initial healing period, jewelry should be left in at all times. Even an old, well-healed piercing can shrink or close within a short period of time, making reinsertion difficult or nearly impossible. If you like your piercing, leave it in! If you no longer want your piercing, contact a piercer for proper removal, cleaning, and scar-diminishing techniques.

***If jewelry must be temporarily removed for an extended period of time (such as medical procedures, work, sports, etc.) there are non-metallic jewelry alternatives, ask your piercer!**

***ALWAYS WASH YOUR HANDS before ever touching your piercing. Use a quality antibacterial soap and PAPER towels to ensure your hands are clean. Even a completely healed piercing is an opening into your body and can create an entrance for bacteria.**

***ABSOLUTELY no swimming for six weeks. This includes bath tubs, hot tubs, Jacuzzis, lakes, oceans, swimming pools, water parks, etc.**

***NO TANNING for at least six weeks. This includes laying out in the sun, tanning beds, and spray tanning. Tanning can cause a heightened chance of infection and/or burns from jewelry.**

***No oral contact for at least six weeks. This includes licking (human or pets), wet kissing, oral sex, etc. You have enough bacteria to deal with on your own body without adding someone else's!**

Always choose a piercer very carefully. All Millennium piercers are trained in house, and are trained in proper technique, sterilization, and standard precautions. Here are a few things to consider before you trust your body to anyone:

A professional piercer practices clean technique and uses sterile implements. They use a new pair of disposable gloves, a new sterile needle, and sterile tools for each piercing. The autoclave is monitored by an OSHA approved monitoring service. Ask to see records! Only the finest ASTM approved 316LVM Surgical Stainless Steel, Titanium, Niobium, solid 14K Gold, or Acrylic/PTFE is used for initial piercings. Ask questions of your piercer! If they do not freely and thoroughly answer your questions, do not be afraid to ask for the owner, manager, or head piercer. Professionals have no problem explaining what they are about to do to your body! You have the right to know!

DISCLAIMER:

If you have any healing problems we will be happy to help in any way we can. Please feel free to stop by or call any Millennium store. These guidelines are based on a combination of vast professional experience, common sense, research, and extensive clinical practice. This is NOT to be considered a substitute for medical advice from a doctor. If you suspect an infection, seek medical attention. Keep in mind that removal of jewelry can lead to further complications. Be aware that many doctors have not received specific training regarding piercing. Your local piercer may be able to refer you to a piercing friendly medical professional.

USING SOAP (a quality, liquid, antibacterial or antimicrobial soap- we like Provon)

1. Clean in your SHOWER under warm running water. Do all other bodily cleansing first.
2. Use a pea-sized drop of soap diluted with warm water and lathered well.
3. Gently clean the area around the piercing and the outer openings, removing dry matter.
4. Soap up the jewelry and work it gently through the piercing 6-8 times. If it won't move easily, don't force it.
5. Rinse well under warm running water, moving as you rinse. Rinse more than you wash. Soap must be completely rinsed to be effective.
6. Dry your piercing with a clean paper towel, Q-tip, or let it air dry. No bath or hand towels.

USING SPRAY (we only recommend sterile H2Ocean spray)

1. Rinse your piercing with warm water in the shower, removing dry matter and moving the jewelry.
2. Dry thoroughly with a clean paper towel or Q-tip.
3. Spray all openings with H2Ocean spray 2-3 times per day.
4. Blot excess spray with a clean paper towel or Q-tip.

ORAL PIERCINGS

1. Your mouthwash must be ALCOHOL FREE AND ANTIBACTERIAL. (try Biotene or Crest Pro Health) Rinse with it NO MORE than five times a day. Rinse after each major meal, when you wake up, and before you go bed.
2. Between meals, if you put anything other than water in your mouth, rinse with BOTTLED water. (i.e. gum, candy, snacks, soda, smoke, etc.)
3. Use Gly-Oxide (oral antiseptic cleanser) on oral piercing openings twice daily. Use five drops on each opening, allow to foam for 3-60 seconds, and rinse thoroughly with water.

***KEEP HYDRATED! Drinking a lot of water is good for you and will help keep your swelling down.**

***We recommend Ibuprofen for pain and swelling.**

***Ice, popsicles, or any other water based frozen item may also help. No ice cream or frozen yogurt.**

***For a MINIMUM of 72 hours, avoid ALL alcohol and marijuana. A week is even better.**

***Try to eat as normally as possible. If it hurts, don't eat it. Reduce the intake of anything that may be irritating to your mouth, especially during the first week. (hot/spicy foods, acidic foods, dairy, etc.)**

***Do not "baby" your new piercing. TALK NORMALLY! "Babying" may make your piercing heal slower or cause you to develop a permanent speech impediment.**

***Chewing tobacco is UNACCEPTABLE for as long as you have your oral piercing! Cigarette smoking, as well as straw usage, creates a vacuum in your mouth, which can cause more swelling or release important scabs. Try to reduce smoking as much as possible and drink without using a straw. INHALE GENTLY! Remember to rinse with bottled water afterwards!**

TIPS AND TRICKS

With clean hands, check to make sure that all jewelry ends are screwed on securely, lost balls are a bummer!

Ears/Facial:

Keep your phone clean! Use a clean t-shirt as a pillowcase. One shirt is four nights of clean surfaces. Keep all make-up, moisturizers, and hairspray out of your new piercing.

Nostril:

Blow bubbles with clean hands and warm water to rinse. Never put sterling silver or nosebones in your piercing. Nostril Screw jewelry can be adjusted after 2 months.

Navel:

Don't sleep on your stomach!

Nipple:

A bra or tight undershirt is recommended during healing for comfort and safety. If you have rings, wear them up at night and down during the day.

Genitals:

Try to urinate after cleansing, your urine is sterile to your body and it can help flush any soap out of the piercing or urethra. Dry the area thoroughly with PAPER towels.

Abstain from ALL sexual contact for at least 2 weeks. Then, try the piercing out on your own before trying with a partner. Once you resume sexual contact, you must use COMPLETE PROTECTION for the next 6 weeks. (even for monogamous couples) Use condoms, dental dams, gloves, etc. Always clean your piercing after sexual contact. Get a NEW bottle of WATER BASED lubricant, and clean any toys before and after use.

Underwear should be clean, cotton, and breathable. NO THONGS! Men may prefer briefs or boxer briefs.

Stretched Piercings:

Clean daily as directed. You can stretch again in 3 months!