PIERCING AFTERCARE ADVICE

- Make sure your hands are just freshly washed before the cleaning process.
- Spray neilmed piercing aftercare on your piercing 1 x morning and 1 x night.
- After spraying, don't move your jewellery.
- Don't leave your piercing soaking wet (especially daith piercings that the water can't run off). These can be dried with a hairdryer after cleaning.
- Don't remove any crusties by hand. Let them fall off in their own time.
- Full healing can take up to 6-8 months (but your piercing won't be painful and crusty for the whole period). However, you should not treat it like a healed piercing within this time frame. For example, do not remove or change your jewellery, sleep on it etc.

Oral Piercing Aftercare

- Clean 1x morning and 1x night with a non-alcoholic mouthwash.
- Come back for your jewellery downsize (between 2.5-5 weeks).
- To reduce swelling, add ice to your drinks, have ice cream, ice lollies etc. and you may take ibuprofen (48 hrs after the piercing procedure, if not allergic).
- Avoid spicy foods, eating piping hot meals, alcohol, smoking, exchanging bodily fluids orally, and unnecessary movement of the tongue.

Do's and Don'ts

- Do leave your piercing alone to heal in its own time.
- Do make sure to come back for your jewellery downsize when the time is right (usually between 3-6 weeks).
- Do make sure to keep your jewellery secure. Your piercing bar and the attachment chosen will always be 2 separate parts, meaning they can loosen over time, please make sure to check they are secured well! (This

is your responsibility after leaving the shop)

- Don’t twist your piercing.
- Don’t pick off any of your crusties.
- Don’t use anything other than neilmed piercing aftercare or warm water on your piercing.
- Avoid using bleach, hairspray or dry shampoo around fresh piercings (specifically ears).
- Don’t sleep on or put any sort of pressure on a fresh piercing. This includes pressure from things like clothing/hats, earphones, glasses etc., as they increase the likelihood of irritation bumps.

If you have any further questions, please get in touch with us.