

* Z-Edge Tattoo & Body Piercing * Body Piercing Aftercare *

Non-Oral & outside of oral piercings: You have 2 options to take care of your new piercing:

- A) Use the H2ocean Body Piercing Aftercare spray 2x daily for 1 month. Hold it by the balls and move it in and out of the piercing.
- B) Get sea salt. Mix a pinch with a shot glass full of warm water. Use a q-tip to apply it to the piercing 2x a day for 1 month. Hold it by the balls and move it in and out

Whichever method that you use **DO NOT** use any soap, cream, ointment, alcohol or peroxide to clean your piercing. If there are some crustys on the piercing, that is normal. Just put some h2ocean or sea salt solution onto a q-tip and remove the crustys with the q-tip before you move the jewelry in and out, otherwise it will burn.

- **DO NOT** submerge yourself in any large body of water for at least 2 weeks. This includes the pool, hot tub, Jacuzzi, bath tub or the ocean. You can still take a shower; just make sure your piercing is the last thing that you rinse off before get out. You do not want to leave any soap or shampoo on the piercing otherwise it will irritate it.
- Leave the jewelry in for at least **1 month** before you change it. When you do change the jewelry, if you purchase it from Z-Edge we will change it for you for free. If you change it yourself, make sure you soak the new jewelry in a shot glass full of rubbing alcohol for at least 20 min. before you put it into the piercing.
- Nostrils: Leave the jewelry in for at least **2 months** before you change it. If the jewelry comes out and you cannot get it back in, put an earring stud into the piercing to hold the hole open then come see us to put it back in for you. Nostril piercings close up extremely fast and hurt a lot more to put back in if the piercing starts to close. Using a stud to keep the hole open is in your best interest, even if it looks stupid for a short amount of time. Be careful when using a wash cloth or towel on your face. The piercing may get caught and pull out.

Oral Piercings:

- Rinse your mouth out with Listerine, biotene or an antiseptic mouth wash **every time** you eat, drink, smoke or put anything in your mouth that is not water. If you are not sure if a mouthwash is antiseptic, look at the label. It must say antiseptic on the bottle. If it does not, then it is just a breath freshener and it will not help heal your piercing.
- Your piercing will be swollen for a couple of days. This is completely normal. Take ibuprofen (Advil, Aleve, Midol) to keep the swelling down. Tylenol and some prescription medications will not work. It must be an anti-inflammatory medication.
- Do not have contact with anyone else's body fluids for at least 1 month. This means no tongue kissing or oral sex.
- Try to abstain from alcohol beverages, however if you must drink, do not drink beer. Only drink hard liquor.

Microdermals:

- Remove the bandage tonight when you get home. Steam the shower up and let the warm water gently run over the microdermal. This will flush out any extra blood on the piercing.
- Reapply a bandage to the piercing everyday for **2 weeks**. This will ensure that the piercing will not get caught on anything and come out while the scar tissue is growing to anchor in the dermal. Make sure that you change the bandage every day.
- Use the h2ocean or sea salt solution as stated above but only use it **1x** a day.

If you have any questions please **DO NOT** listen to your friends, YouTube or any other websites. Give us a call.

You got your _____ pierced by _____ on _____ at the:

North Shop – South Shop

Z-Edge North: 941-951-1399 * Z-Edge South: 941-921-1181

www.ZEdgePiercing.com