

# General Care *for* Piercings



## ***Congratulations on your new piercing!***

Proper aftercare is **essential** to ensure they heal quickly and minimize the risk of infection. **Follow these instructions carefully** to maintain the health and appearance of your piercing.

1. **Wash Your Hands:** Always wash your hands thoroughly with soap and water before touching your piercing. Clean hands will help prevent the transfer of bacteria.
2. **Keep the Piercing Site Clean:** Adhere to daily clean by cleaning the area around the piercing twice a day (morning and evening). Use a saline solution / sterile saline wound wash. We do not recommend making your own solution as the sterility cannot be guaranteed and potentially be harmful for your fresh piercing(s).

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## **Aftercare Instructions:**

### **1) with Sterile Saline solution in a spray bottle**

We highly recommend using this method as it is the easiest and most convenient!

- Make sure that you do not take out the jewelry during this process, or anytime during the entire healing process.
- Thoroughly spray down the entry and exit (both sides) of the piercing site, with the sterile saline solution on hand.
- Gently pat down to dry, wipe away any discharge or crust on the piercing site.
- Minimize any motion, rotating or twisting the jewelry during cleaning as it can damage the healing piercing channel.

### **2) with Sterile Saline solution (not in a spray bottle)**

- Make sure that you do not take out the jewelry during this process, or anytime during the entire healing process.
- Soak a sterile gauze pad or cotton swab in saline solution.
- Gently apply and soak the piercing with gauze/cotton swab for 5-7 minutes.
- After soaking, gently pat down to dry, wipe away any discharge or crust on the piercing site.

- Minimize any motion, rotating or twisting the jewelry during cleaning as it can damage the healing piercing channel..

Make sure to do your aftercare morning and night; **2 times/day everyday during the entire healing process**. This is to ensure that the piercing site is clean at all times, ensure that the piercing site is dried off properly after every cleaning; exercises and after showers.

3. **Avoid Harsh Chemicals:** DO NOT use alcohol, hydrogen peroxide, or ointments (like Neosporin, Polysporin) , as these can damage the skin and prolong healing.
4. **Avoid Touching the Piercing:** Only touch your piercing when cleaning it. Avoid unnecessary touching, as this can introduce bacteria and increase the risk of infection.
5. **Do Not Remove the Jewelry:** Never remove your piercing jewelry during the healing period unless instructed by your piercer or a healthcare professional. Removing jewelry can cause the piercing to close up and trap bacteria inside.

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## WHAT IS NORMAL?

- The first 3 - 5 days (or more): Significant swelling, light bleeding, bruising, and/ or tenderness.
- The first 4 - 6 weeks (or more): some swelling, light secretion of a whitish-yellow fluid (not pus), discharge that is light in colour without any of the pain.
- Piercing might seem healed before the healing process is complete. This is because they heal from the outside in, and although at times, it feels healed (without pain or discomfort), the tissue remains fragile on the inside.
- Be patient, and keep cleaning throughout the entire healing period.
- Even healed piercings that you have had for years can shrink or close in minutes! This varies from person to person; if you like your piercing, keep jewelry in, do not leave the hole empty.

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## Additional Tips

- **Understand your piece of Jewelry:** Feel free to ask your piercer (if not yet explained) the jewelry that is in your body.

At Colibri, we carry either **Threadless Jewelry**; or **Internally Threaded Jewelry**.

- a) With **Internally Threaded Jewelry** - make sure to regularly check threaded ends on your jewelry for tightness (“righty-tighty, lefty-loosey”) with clean hands or clean paper product.
- b) With **Threadless Jewelry** - make sure that there is no heavy tugging, or pulling onto the piece of jewelry.
- **Schedule your Downsize Appointment:** New piercings will always get swollen and with that in mind we start you off with jewelry accommodating for this.

Once the swelling subsides (approximately 4 - 6 weeks), we highly recommend scheduling, coming back to have us check-up appointments, downsize (switch the post of your piercing shorter) to eliminate unnecessarily tugging, movements, and shift of angle.

- **Avoid unnecessary movement:** Don't move or twist the jewelry unnecessarily. This can irritate the piercing and delay healing.
- **Avoid pressure** onto the piercing site.

For example: tugging, sleeping, wearing tight clothing on top of the piercing site until it's fully healed (this can take several weeks to months). Anything that can potentially rub/put pressure on the piercing.

- **Avoid using products** including any soap, makeup and skincare products around the piercing during the healing process
- **Stay healthy:** A healthy body supports quicker healing. The healthier your lifestyle, the easier it will be for your piercing to heal, get enough sleep and maintain a healthy diet!

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## What to Avoid During Healing

### 1. **Swimming:**

Avoid swimming in pools, lakes, or hot tubs until the piercing has fully healed. The bacteria in the water can cause infection.

### 2. **Tight or Friction-Inducing Clothing:**

Avoid tight or restrictive clothing that rubs on the piercing, especially around the navel or genital area.

### 3. **Sleeping on the Piercing:**

Try to sleep on the opposite side of your piercing to avoid pressure. Using a travel pillow or a donut pillow can help.

#### 4. **Makeup and Cosmetics:**

Avoid applying makeup or facial creams around the piercing, as they can irritate the area or introduce bacteria.

#### 5. **Changing Jewelry Too Soon:**

Never change the jewelry until your piercing is fully healed. This can lead to complications like infection or scarring. If you need to change jewelry for any reason, consult your piercer.

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## **Irritation Vs Infection**

### ***Irritation***

Irritation happens to everyone!  
Every piercing, every location, every person.

There are countless ways that a piercing can become irritated but they more or less have one thing in common: physical trauma. This could be anything from accidentally **knocking it** with your hairbrush, **overcleaning** it, **playing** with it, **sleeping on it** or anything else that would **put pressure on your piercing**.

Signs of irritation includes but not limited to:

- **Swelling at the piercing site**
- **Redness** at/ around the piercing site
- **Mild pain**
- Commonly known as “**Irritation Bump**”; a solid (non-fluid filled) around the hole
- Slight **peeling**

### ***Signs of Infection***

It's normal for a new piercing to be experiencing some discomfort, but if you experience any of the following symptoms, seek professional advice from us or your trusted healthcare provider.

- **Pus** that's green or yellow in color.
- **Fever** or chills.
- **Hot to touch**

But Remember, we are always here to help you along the way. **Check-ups all piercings done by the Colibri Montreal team are always complimentary** so we encourage you to come back if you are ever unsure. We also just love seeing these lovely piercings all healed!

## Healing Times for Piercings

Healing times vary depending on the type of piercing and human bodies differ, so healing times will vary as well. This is a list of average healing time, however, it is never guaranteed. When in doubt, piercees should continue aftercare for at least the minimum time listed below. Here are approximate minimum healing times:

- **Earlobes:** 6 - 8 weeks (or more)
  - **Cartilage (Helix, Conch, Tragus):** 6 - 12 months (or more)
  - **Nose (Nostril):** 6 - 12 months (or more)
  - **Septum:** 6 - 8 months (or more)
  - **Lip (Labret, Monroe, Medusa):** 6 - 8 months (or more)
  - **Tongue:** 4 - 6 months (or more)
  - **Navel:** 6 - 12 months (or more)
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## Oral Specific Care Instructions

### Lip Piercings (Labret, Monroe, Medusa, etc.):

- Clean twice a day with saline solution.
- Rinse your mouth with a saline solution or alcohol-free mouthwash after eating or drinking.
- Avoid eating spicy or hot foods in the first few days to reduce irritation.
- Avoid kissing or oral contact during the healing period.

### Tongue Piercings:

- Clean with saline solution twice daily.
  - Rinse your mouth with an alcohol-free mouthwash after eating or drinking.
  - Keep your tongue elevated to reduce swelling, and avoid playing with the jewelry.
  - Avoid spicy, hot, or acidic foods during the first few days to prevent irritation.
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Thank you for choosing and trusting Colibri with your piercings. We hope you had a great experience and found your piercing a piece of jewelry that you will wear for years to come!

Make sure to take care of your piercing ensures that it heals smoothly and stays healthy. We are always here with you during every step of the way if you ever need our help.

***“PATIENCE is key!”***

Keep your piercing clean, follow the aftercare instructions, and be mindful of any unusual symptoms that may arise. With proper care, your piercing will heal beautifully!

