

Metamorphosis

Custom Tattoo & Body Piercing

290 mcdermot ave.
(in the exchange district)
winnipeg . manitoba . canada

HOW TO CARE FOR YOUR BODY PIERCING

1. Handle your piercing **ONLY** after washing your hands, and **ONLY** when it is being cleaned.
2. Be sure to follow the cleaning directions outlined in the information below.
3. Overcleaning can slow healing and cause irritation. Overcleaning is just as bad as undercleaning. The recommended cleansing techniques maintain a constant balance.
4. Use **ONLY** the recommended cleaning agents.
5. The following products will irritate the new tissue, delay healing and **SHOULD BE AVOIDED**: Antibacterial soap, Bactine, Tea Tree, Witch Hazel, Ear cleaning solution, Peroxide, Alcohol, Antibiotic ointments. Soaps, shampoos and conditioners that contain deodorant, are overly strong, are highly scented, are coloured or are over-moisturizing should also be avoided.
6. Wear jewelry constantly during the healing and toughening periods. Jewelry that is inappropriate in material, design or size can cause irritation and allergy. Consult with your piercer regarding jewelry that is right for you.
7. Heavy use of a piercing (i.e. play, pendants) before it is thoroughly healed, can lead to infection and early migration.
8. Avoid oral contact until your piercing is completely healed (no evident seeping).
9. Piercings in cartilage take longer to heal and must be cleaned for the entire healing period.

MISCELLANEOUS TIPS: We don't know how long it will take for your piercing to heal - in a short time you will be the best judge of that. Expect new piercings to be sore and red for about a month - if there isn't a marked improvement after that time, contact your piercer to help you determine a route to speedier

healing. Continue to clean your piercing once a day for as long as you have it.

EXPERT ADVICE: Don't listen to your friend, your mom, or your psychic advisor. We have been doing this for longer than they have.

CLEANSING TECHNIQUES

NAVEL/ NIPPLE/ EAR LOBE/ SEPTUM/ NOSTRIL/ BROW

1. Always wash your hands before handling your piercing.
2. Mix 1/4 teaspoon salt with 250 ml very warm water. Soak the piercing until the salt water has cooled down (about 10 mins). Do this twice a day until your piercing is healed. (Caution: Over heating water will cause burns).
3. Using Q-tips, gently clean any remaining lymph (crusties) away from the piercing.
4. Avoid moving the jewelry back and forth through the piercing - it does more harm than good.
5. It is always ok to gently clean the outside of a piercing with saline* and a clean Q-tip. Do this when activity may cause the ring to turn (exercise, etc.) or when it feels "sticky" or uncomfortable.
*Use saline solution for contact lenses only. No other contact lens solution is recommended.

LIP/ LABRET/ TONGUE/ FRENULUM/ MONROE

Outside of the Piercing: Use the prescribed cleansing techniques as listed above (numbers 1-5).

Inside the Mouth: For the first 3 weeks rinse with salt water or diluted alcohol-free mouthwash for 10 seconds after you place anything in your mouth other than water - this includes cigarettes.

(Salt water -1/2 tsp. sea salt per 1 cup of water).

(Mouthwash -1/4 cup to 3/4 cup of water).

Note Regarding Tongue Piercing: For protection of teeth, downsizing your barbell is strongly recommended. Playing with the piercing while healing causes excessive swelling and increases pain.

GENITAL PIERCINGS

All piercings are an open channel to the blood stream. Especially in the case of genital piercings, sexual contact during the healing phase could be dangerous to you or your partner. Exercise safe sex protocol and don your barrier of choice. Go easy on your new piercings - they will heal much faster if you play nice.

Surprisingly to some, your urine may be your best ally when healing a piercing. It is sterile for your body and the best possible rinsing agent you have (barring, of course, any urinary tract infections).

Female Piercings: Female genital piercings typically heal fast and easy. Rinse the outside of the piercing and clean the jewelry a few times a day with your own urine, or clean water.

Male Piercings: Follow the general cleansing techniques for cleaning your piercing. Abstain from sex as long as possible, or for four weeks - whichever comes first. On piercings through the head or the urethra, expect bleeding for a few days. If bleeding continues after that time, or if there is an unexpectedly large amount of bleeding, contact your piercer. Do not seek sympathy for your bleeding member from women - they will laugh at you.

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STRETCHING

Freshly stretched piercings often require cleaning, which may be done with a mild antibacterial soap. Create a lather, but **DO NOT** force the jewelry through the piercing until it moves freely. The piercing may need time to relax before being irritated from back & forth movement. Be sure to wash away all soap residue.

A waiting period of 6 months after your piercing has healed is recommended before you start stretching it. See your piercer to insert larger gauge jewelry into your piercing.

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ALLERGY SYMPTOMS

Symptoms of Allergy:

- Itchiness
- Redness
- Seeping Clear Fluid

If these symptoms occur, **KEEP THE JEWELRY IN YOUR PIERCING**. Consult your piercer at once. You may need to change your cleaning solution or your jewelry.

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INFECTION SYMPTOMS

Occasionally bacteria will enter the piercing even though the cleaning has been done meticulously. If this should happen, an infection may result.

Symptoms of Infection:

- Swelling
- Redness
- Area Hot to Touch
- Pus Discharge (Green)
- Pain

If these symptoms occur, **KEEP THE JEWELRY IN YOUR PIERCING**. Contact your body piercer at once. If required, your piercer will refer you to your doctor.

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MIGRATION / REJECTION

If the piercing is becoming shallow or irritated contact your piercer immediately in order to avoid excessive scarring.