

# DO

- **DO** contact us **FIRST** with any questions or concerns you have with your piercings.
- **DO** ensure to **downsize your jewelry** within an appropriate amount of time (*ear cartilage piercings especially*)
- **DO** remember to use antimicrobial soap and do your sterile saline soaks or compresses at opposite ends of the day for the entire duration of your healing period.
- **DO** remember to **change your pillowcases often** (*for ear/facial piercings*). - investing in a travel pillow to avoid sleeping on cartilage piercings can be very beneficial!
- **DO** make sure to **regularly tighten beads / check your jewelry** (*with clean hands only*).
- **DO** use only clean paper towels or non-woven gauze to pat dry your piercings when wet (*cloth towels can snag jewelry and harbor bacteria*).

# DO NOT

- **DO NOT TOUCH YOUR PIERCINGS OR ROTATE/REMOVE JEWELRY!!!**
- **DO NOT** use Neosporin, Hydrogen Peroxide, rubbing alcohol, Bactine, essential oils or any other product that is not specifically mentioned in our aftercare instructions.
- **DO NOT** use cotton swabs or balls to clean piercings (*fibers can snag and/or become entangled on jewelry*).
- **DO NOT** allow pets to come in contact with new piercings (*animal hair, dander, and saliva can complicate the healing process*).
- **DO NOT** submerge piercings in hot tubs, pools, oceans or lakes until fully healed.
- **DO NOT** sleep on your piercing until fully healed (*added pressure can cause migration of cartilage piercings, irritation bumps, and prolong the healing process*)

## The Importance of Jewelry Quality

All of our jewelry is constructed of implant-grade materials and is therefore specifically manufactured to exist safely inside your body. Lower-grade jewelry made from inferior stainless steel, sterling silver, acrylic and plated jewelry can and WILL cause irritation and - in some cases - more serious complications for piercings that are still healing. We **STRONGLY** advise that you **DO NOT** change your jewelry until your piercing is completely healed.

\_\_\_\_\_ was your piercer.  
 \_\_\_\_\_ is the name of your piercing.  
 \_\_\_\_\_ was the date of your piercing.  
 \_\_\_\_\_ is your jewelry type.  
 \_\_\_\_\_ is your jewelry gauge.  
 \_\_\_\_\_ is your jewelry length.

Please downsize your jewelry after this date, as needed:  
 \_\_\_\_\_

# Piercology

Don't Trust Your Body To Anyone Else!

**190 West 2nd Ave.**  
**Columbus, OH 43201**  
**www.Piercology.com**  
**614-297-4737**

Aftercare available for purchase at:

[www.piercology.com/buy-online/](http://www.piercology.com/buy-online/)  
 - We ship to you! -

Also find us on:



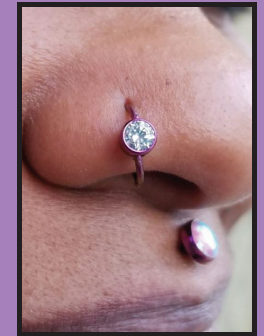
*Thank You For Your Patronage!*

## DISCLAIMER

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. Be aware, however, that many doctors have no specific training or experience regarding piercing and may not be educated on how to best assist you.

The Most Up-To-Date Aftercare Brought To You By

# Piercology



Thank you for trusting us to do your piercing! Now trust us to give you the best aftercare!

Forget what you heard from your friends or read on the Net; do what is in this brochure!

## Instructions

Follow this two-step aftercare once daily, on opposite ends of the schedule for optimal healing. **Ensure to keep up with your aftercare for the entirety of your minimum healing time.** Your piercing may look and feel healed before then, but that is not always the case. - **If you have any questions or concerns regarding your piercing, please contact Piercology first!**

## Once Daily: Sterile Saline Soaks

Appropriate for cartilage, lobes, nostrils, navels, and nipples

- 1) Add 1 full container of H<sub>2</sub>Ocean Concentrate into 1 gallon of **purified or distilled water**, and mix thoroughly.
- 2) Portion solution into a small, clean vessel (enough to be able to fully submerge your piercing).
- 3) Seal the un-used solution in an air tight container, and refrigerate until next use.  
*Portion only the amount you need for each soak to a smaller, clean vessel each time to avoid cross-contamination.*
- 4) Fully submerge your piercing.  
**After 10 minutes, discard the used solution.**
- 5) **Thoroughly rinse** your piercing with clean water, gently remove crusty material, and pat dry with clean paper towel or non-woven gauze.
- 6) Repeat steps 2 - 4, once daily.

**\*This container is good for 1 month.** After 1 month, discard remaining solution & purchase a new container.\*



## Once Daily: Sterile Saline Compress

For Hard-To-Soak Locations including genitals, daiths, rooks, septums, surface piercings & more.

- 1) Spray sterile saline onto a piece of non-woven gauze or clean paper towel until fully saturated.
- 2) **Gently compress** on either side of piercing site for **5 minutes**.
- 3) Dispose of used compress.
- 4) **Repeat step 1-2** for an **additional 5 minutes**, for a total of 10 minutes.
- 5) **Rinse piercing** with clean water, **gently remove crusty material & pat dry** with a clean paper towel or non-woven gauze.
- 6) After you run out, ensure to purchase more from us. **Available on our website!**



In case of emergencies, sea-salt soaks may be performed as a last resort. We recommend sterile saline, however!

## Once Daily: Antimicrobial Soap

1. At the end of your shower regimen, work a small amount of PurSan, into a lather and wash **around** the **outside** of the piercing. (**don't get it in the piercing!**)
2. **Rinse thoroughly** under warm, running water for **1 full minute**.  
*This helps bring blood flow to the area and the remove crusties.*
3. Gently brush away any crusty material, and pat the area dry with a clean paper towel, or piece of non-woven gauze.



*DO NOT use any soaps that contain anti-bacterial properties (Dial, Dove etc.) or those which have Tri-Closan as an active ingredient.*

**PurSan was designed specifically for the Body Art Industry and is the BEST soap we can recommend!**

*Everyone heals differently, but we have found the following minimum healing times to be adequate benchmarks for how long you should continue aftercare following your piercing. Please keep in mind that NOT adhering to our aftercare regimen may prolong your healing time.*

## MINIMUM Healing Times

- Navel: 4 - 6 months
- Nostril: 3 - 4 months
- Ear Lobe: 6 weeks - 3 months
- Ear Cartilage: 3 - 4 months
- Industrial/Snug/Projects: 6 months
- Fwd Helix: 3-4 months
- Eyebrow: 2 - 3 months
- Septum: 6 weeks - 2 months
- Conch/Rook/Tragus/Daith: 3 - 4 months
- Nipples: 3 - 4 months
- Other: \_\_\_\_\_

**Don't switch your jewelry out until after your piercing is COMPLETELY healed. Switching to lower quality jewelry can hurt your piercing and take longer to heal.**

## Instructions

Please be aware that your jewelry is assembled with pieces that need to be checked often to ensure that they stay tightly screwed-in and/or connected. Failure to do so could result in losing parts or entire pieces of jewelry and could put you at risk of losing your piercing if the jewelry comes out completely. Make sure that you perform these checks with **CLEAN HANDS ONLY!**



## Internally-Threaded

Beads and gems screw directly into post. Gently hold one side of your jewelry and twist the bead/gem in a counter-clockwise direction to ensure a secure connection.



## Captive vs. Fixed Beads

Captive beads separate completely from the ring. If it spins loosely or comes out repeatedly, visit us for a jewelry adjustment. Fixed Beads are soldered to the ring and must be bent open to remove.

## Press-Fit

Bead/Gem is held securely in post via tension by means of a bent pin.



Support back of post with one finger and pinch the gem into it to maintain a secure connection.

## DO NOT REMOVE YOUR JEWELRY!!

- Visit us for any issues that these DIY checks do not resolve so that our piercers can ascertain the nature of your issue and safely assist you with all adjustments, re-insertions and/or removals.
- Jewelry without a bead is intended for fully-healed piercings only. (1 year +)
- Adjustments & re-insertions may cause swelling/minor irritation if performed during your initial healing period. Continue aftercare regimen as outlined.