

HAIRHOUSE

SALON ▪ HAIR BEAUTY ▪ PIERCING

Piercing Aftercare General Guidelines

Full piercing policy and aftercare available on our website at: www.hairhouse.com.au/piercing

1. Wash your hands before you clean your piercing.
2. Avoid excess cleaning and touching as it disturbs and slows down the healing.
3. Apply the recommended Aftercare Spray, twice a day directly onto the piercing, onto a cotton bud or lint-free paper towel and gently and thoroughly clean around your piercing. Dry off any excess product. Do this for the next 6- 8 weeks.
4. Clean in the shower as it's the best time to remove any dry build-up.
Using the recommended Aftercare wash, wash thoroughly and using the tips of your fingers gently rub around the piercing to remove any build-up, then rinse thoroughly with running water. (Not recommended for inside your nose or mouth).
5. Dry thoroughly after showering using a clean tissue or hairdryer on a cool setting at arm's length. Do not use a towel as this can breed bacteria that could cause possible infections.
6. Do not use any alcohol-based products such as methylated spirits, peroxide, un-diluted Tea Tree oil, Dettol or alcohol wipes as this will dry out the piercing and hinder the healing process.
7. Avoid public pools, baths, spas, beach, rivers and lakes during healing, generally for the first 6-8 weeks. IT is possible to pick up an infection or irritation from any body of water due to microorganisms, environmental factors and bacteria found in these environments. Use of waterproof medical patch may be used to protect the piercing if needed.
8. Be aware that your piercing can get caught on towels, clothes, people, cords, etc.
9. Do not swap jewellery with friends or family as it will cross-contaminate and cause immediate infection.
10. Do not remove or change your jewellery until completely healed, which is usually a minimum of 12 months healing time as this will vary across different piercings. We highly recommend a checkup with your Hairhouse piercing professional from between 2-8 weeks after your piercing, as you may need to downsize your jewellery as the swelling settles.

Advice For Specific Piercings

Ear Lobe & Ear Cartilage Piercings:

- Ear Lobes generally heal well. Follow the general aftercare guidelines carefully.
- Ear Cartilage Piercings can often be difficult and uncomfortable and take up to 6 months to settle.
- Take extra care when brushing your hair, using hair product or hair colorants. If you notice any kind of lump developing on your piercing, please consult your Hairhouse piercer immediately.

Nose Piercings:

- Follow the general guidelines but additionally applying a padded band-aid over the nose stud, at night for the first 2-6 weeks. This will hold the jewellery securely until the site heals, however if you have been pierced with a nose labret F136 (Titanium) this is not necessary.
- Take care when brushing your hair, washing & drying your face and removing clothing etc, as a stud can be easily dislodged. If this occurs consult your Hairhouse piercer immediately and do not try and force the jewellery back in yourself. If you notice any kind of lump developing on your piercing, please consult your Hairhouse piercer immediately.
- Take care not to allow make-up, moisturisers or face cleansers directly around the pierced skin.

Navel, Nipple, Eyebrow & Surface Piercings:

- These are all challenging sites for healing so follow the general guidelines carefully.
- Apply a breathable protective dressing while playing sports, exercising etc.
- Avoid any type of contact to your piercing or around your new piercing for at least 4 weeks.
- For nipple piercings ensure you change your bra/t-shirt every day or apply a new breathable protective dressing. Be aware of knocks when playing sport and take care when wearing tight clothes, belts and sunglasses.

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Oral Piercings – Labret, Lip, Beauty Spot, Cheek:

- New piercings in a moist zone are vulnerable to cross-contamination of high-risk diseases so be sure to follow all aftercare directions.
- Start with the general guidelines for the outside of your piercing.
- Do not touch your piercing with fingers or tongue as this will slow down the healing time, although internal mouth piercings tend to move naturally as you talk, eat or drink.
- The inside of the piercing should be cleaned more regularly after food, drinks etc.
- Please be aware of health issues during sexual contact and do not perform oral sex for the first 6 weeks.
- If needed ask your pharmacist to recommend an anti-inflammatory tablet to reduce the potential of swelling. Iced drinks, icy poles & ice blocks can help too.
- Swelling can make eating difficult due so it is a good idea to eat softer foods for a few days.
- Do not smoke tobacco (cigarettes) as the contents will suppress the immune system and blood circulation and hinder the healing process.

Tongue Piercings:

- Tongues are the fastest healing piercing if aftercare is followed correctly.
- You must clean your piercing twice a day for the next four weeks by gently brushing your tongue with a new toothbrush and spraying with your Hairhouse recommended Aftercare Spray both on top and underneath. Rinse with clean water after 30 seconds – 60 seconds.
- You must not consume any alcohol, spicy foods, hard or crunchy foods for at least 2 weeks as they will have a negative affect on the healing process.
- During the 2-week period, eating soft foods or soups are a good alternative for regular meals. (Noodles, pasta, rice, boiled or steamed vegetables, soup, protein shakes without milk and ice drinks are all good nutritious choices).
- Do not perform oral sex or kissing for at least 2 weeks or until healed.
- If needed ask your pharmacist to recommend an anti-inflammatory tablet to reduce the potential of swelling. Iced drinks, icy poles & ice blocks can help too.
- After 2 weeks, you may need to downsize your bar size, so it is highly recommended that you consult your Hairhouse piercer for a checkup.

Micro Dermal Implants and Skin Divers:

- Follow the general aftercare guidelines carefully. You must keep your new piercing covered with a band-aid at all times for the first 48 hours and then for the next 2 weeks at night only.
- Clean your piercing once a day by removing the band-aid and wash in the shower as directed in the general instructions with the recommended Aftercare Wash. Dry thoroughly with a tissue or hairdryer using a cool setting and allow to air dry for 5min and then apply a new band-aid.
- Microdermals benefit from a warm sea salt bath once a month to facilitate healing. To do this mix 1 cup boiled, distilled water and add ¼ teaspoon sea salt. Allow to cool and then soak your dermal piercing for 3-5 minutes. Rinse well with warm water and dry thoroughly as recommended above.

We recommend that you book for a complimentary check up with your Hairhouse piercer from between 2-8 weeks or as your piercer has advised.

This checkup is important as it enables:

- Your Hairhouse piercer to check that your piercing is healing correctly,
- Your piercer can check that your jewellery is still suitable as you may need to replace your jewellery with a shorter bar as the swelling decreases.
- You an opportunity to ask any questions about healing or even a chance to have your next piercing!!!