



The Simple Piercing Aftercare Routine

TOUCHING YOUR PIERCING WITHOUT NEEDING TO IS THE WORSE THING YOU CAN DO!

DO NOT TOUCH PIERCINGS WITHOUT WASHING YOUR HANDS!

1. We recommend you use **Camomile Tea** to bathe your new piercing!

We know it sounds mental and something your Grandma would tell you to do but she's right!

Camomile Tea contains **Anti-inflammation & Anti-Bacterial Properties naturally**

This helps soothe and heal your piercing!

2. Oral piercings need to be carefully swilled with a **non alcoholic** mouth wash - If you use a mouthwash with alcohol you will irritate the piercing this could cause lasting **damage** and prolong the healing time!
3. Nipple piercings **will** have discharge when healing and **throughout** their lifetime - **This is normal** these are excess white blood cells your body produces!

Every person heals in different timeframe

(we say 6-8 weeks for most)

DO NOT CHANGE YOUR PIERCING BEFORE IT IS FULLY HEALED!
Your first jewellery change is free to ensure that it's healed fully
(this doesn't include the jewellery)