

## Samsara Custom Tattoo - Piercing Aftercare

Remember that healing times vary with the type and position of the piercing and can vary significantly from person to person depending upon a variety of factors such as lifestyle, movement and your overall health. Please do not remove or replace the initial piercing jewellery until it is fully healed aside from returning to the studio at the time advised by your piercer for your essential downsize if it is an ear piercing. **Do not twist, touch or move your jewellery!** You DO NOT need to do this.

Soon after the piercing, it may **bleed if knocked**. This is common and perfectly normal! Just apply some sterile gauze and pressure for a couple of minutes until the blood clots. Do not leave the dressing on or cover your piercing with a plaster! It needs to breathe to heal. For the first few weeks, expect the area to be red, swollen, tender, puffy & sometimes bruised. Expect the piercing to bleed on and off and secrete a sticky clear/white/pale yellow fluid throughout the healing process. This may form a crust once it's dried. Many people mistake this fluid as a sign of **infection** – please don't worry, it's usually lymph which is completely normal and is a healthy part of the healing process. A green smelly fluid indicates infection.

### CLEANING

Clean your piercing using **Neilmed** piercing aftercare spray (you can buy from us in the studio) or a single use sterile saline pod. Make sure your hands are clean before cleaning your piercing! Pat dry with clean kitchen roll following cleaning. When cleaning, ensure any balls or attachments on your jewellery are tightened as they can come loose easily due to the natural movement of the area. Do not over clean, this can cause more harm than good. Once or twice a day will be enough.

**DO NOT USE** Antiseptic preparations such as Savlon cream or spray, TCP, Hydrogen Peroxide, Lavender oil, Tea tree oil, Dettol, Surgical Spirit etc – **DO NOT USE THESE** to clean your piercing! These are very harsh and will cause irritation and delay healing.

We **DO NOT RECOMMEND** mixing up your own **salt solution**, because it is difficult to make this up in a hygienic environment at home, and you can easily use the incorrect type of salt or you can struggle to mix up salt and water in the correct ratio – If a saline solution is mixed up too strong, it dries out the skin and can cause lots of issues during healing such as fluid bumps (which, if untreated, can lead to hypertrophic scarring), and if it is mixed up too weakly, there isn't enough salt in the solution which can lead to increased risk of infection.

Avoid soap, shampoo, and chemical residues from showering/bathing. Be sure to rinse the piercing with clean water following a shower or a bath. Avoid playing or fiddling with the piercing using dirty fingers. This will likely increase healing time, cause it to swell, cause a **fluid bump** and/or cause an infection. Avoid moving or twisting the piercing whilst dry. If any secreted discharge has hardened on the jewellery, turning it may tear the skin, increase scarring and the risk of getting fluid build-ups, it will prolong healing and could leave you more susceptible to infection. Avoid knocking the piercing or causing any trauma – A knock may cause swelling, a **fluid bump** or soreness to flare up again throughout the healing phase. Avoid swimming pools, sea swimming, lakes, hot tubs etc for the first few weeks.

Please consider leaving us a review on Facebook or Google if you were happy with your piercing experience today 😊