

YOUR NEW NIPPLE PIERCING:

By choosing Tommy T's you can be assured your piercing has been performed appropriately, and that the very highest standards of technique and sterilization have been used. In order to ensure that your new piercing heals quickly and without complications, an appropriate aftercare regimen must be followed.

All of our suggestions are made based on our experience and research, and also on that of other professionals in the piercing industry. Since you have already trusted us to perform your piercing, please follow through and trust in our judgment regarding care of your new adornment. What follows is a general outline of information regarding a new piercing. For more detailed information please do not hesitate to contact us.

WHAT TO EXPECT:

Your piercing...

- May be slightly swollen, bruised, and tender for a few weeks
- May bleed slightly
- Will typically show a small amount of redness while healing.
- Will typically have a slight discharge, whitish-yellow in color, which can form a crust on the jewelry. These "crusties" are the body's waste material generated from the healing process.

WHAT ABOUT INFECTION?

An infection is caused by contact with bacteria, fungi, or other similar living pathogens. The chances of your piercing becoming infected are very minimal if appropriate precautions are taken.

Most piercing infections are a direct result of:

- Touching the piercing or jewelry with unwashed hands; yours or someone else's
- Oral contact with the piercing
- Contact with other people's bodily fluids during healing period

SIGNS OF INFECTION:

Although these signs may indicate other problems, common signs of an infection are:

- Severe redness, or red streaks going from the piercing toward the heart
- Swelling or hardness around the piercing
- Tenderness, or pain, particularly throbbing pain
- Warm to the touch
- Thick discharge: yellow or green in color
- Purulent drainage
- Sweating, fever, or raised temperature

WHAT IF I SUSPECT AN INFECTION?

- Do not remove the jewelry! Doing so can create an even larger problem by trapping matter inside the piercing, and closing off access to the infected areas.
- If you have any sign of infection, please come into our shop or consult your physician

- If you have anything that seems abnormal please call us or come into our shop immediately
- An infection in a piercing can lead to more serious complication if left untreated

WHAT ABOUT REJECTION?

Not every piercing can be healed successfully. Variations in anatomy, physiology and environment cannot always be predetermined. All piercings have the potential to reject (migrate, grow out, etc.), although some are more likely to do so than others. When a piercing rejects, the jewelry may appear to be moving towards the surface, or the piercing may be shallower and shallower. The piercing site may be red, and a clear discharge may be present. Pain is generally not associated with rejection of a piercing. If you are concerned about rejection, we suggest letting your piercer examine the piercing.

WHAT ELSE HELPS A NIPPLE PIERCING HEAL?

- Generally speaking, leave your piercing alone. The more friction, movement, or contact a piercing experiences, the more likely the chances are that a problem will occur.
- Appropriate jewelry selection is extremely important. All jewelry should be custom sized for each individual. Depending on an individual's anatomy, curved barbells generally heal better for nipple piercings. Jewelry should be at least 14 gauge, internally threaded, be of the appropriate style for the piercing and should be made of an acceptable implant-grade material.
- Many places now sell body jewelry. Always take caution when buying body jewelry, as it may not be sized correctly or made of an appropriate material for your piercing.
- Eating a healthy and nutritious diet is crucial. The general health of your body is an important factor in the length of time it will take your piercing to heal.
- Avoid over-cleansing, or the use of inappropriate substances or cleansers. Products such as antibiotic ointments, hydrogen peroxide, alcohol, Bactine, or ear care-type antiseptics typically do more harm than good to a healing piercing.
- Changing the jewelry too soon (before 3-4 months, except in a 'troubleshooting' context) or wearing inappropriate jewelry can lead to complications. Remember that every person's piercing is different.
- Use water permeable bandage, such as Tegaderm or Polyskin for the first 3 months when swimming in a pool, hot tub, ocean, or when soaking in the bathtub.
- Clothing such as undergarments should be made of breathable material (i.e. 100% cotton). Articles made of nylon, Lycra or polyester blends should be avoided during the initial healing period.

MOST IMPORTANTLY:

Nobody can predict the future...if you have a problem, or a question arises regarding your piercing, feel free to contact us at any time. This brief overview of post-piercing information may not cover a particular concern that you may have. For this reason, we are always available for individual consultation and happy to answer any additional questions you may have.

PLEASE NOTE:

Any suggestions or comments made regarding your aftercare, whether given verbally or printed, are not to be mistaken for, construed as, or substituted for, medical advice.

HEALING TIMES:

Healing time can vary greatly, depending upon several factors, including initial jewelry style and gauge. Although everyone heals at a different rate, average healing times are:

MALE NIPPLE: 2-3 months
FEMALE NIPPLE: 2-6 months

This is the amount of time that your piercing should be considered new, healing tissue and treated as such.

CLEANING YOUR NEW PIERCING:

ALWAYS Wash Your Hands Before Touching Your Piercing While It Is Healing! Touching Your Piercing With Dirty Hands Can Result In An Infection.

Soaking:

Performing a sea salt soak once a day has been shown to facilitate healing and reduce the "crusties". Do this the opposite end of the day that you take your shower.

- Pour 1/3 ounce Mr. T's into medicine cup.
- Form a seal, or vacuum, with the edge of the medicine cup.
- Use cotton balls to soak when Medicine cup will not do.
- Soak for a minimum 5 minutes and a maximum of 10 minutes.
- Dip q-tip into sea salt soak solution. Gently wipe the piercing and the jewelry removing any particles.

This is a 2 step process.

- 1) Soak the wound
- 2) Wipe away the particles

- Follow the instructions included with Mr. T's Sea Salt Soak.

Note:

Mr. T's is all natural.
It is sterilized and filtered
It is ph balanced
It has no additives

Mr. T's will help you heal twice as fast as normal. By soaking the wound with Sea salt water the body will push out any infection. This also starts blood production in your body thus helping your skin cells grow faster. By soaking and wiping away the exterior of the wound you are removing the particles that contribute to infection. Be sure to follow all of the other suggestions on this aftercare sheet.

SPECIAL CONSIDERATIONS FOR NIPPLE PIERCINGS:

- If you are wearing a curved barbell, it's important to check the ends (balls) of the jewelry for tightness several times daily. Especially before and after showering, before going to bed and when you wake up. Natural movement will cause friction and the balls can unscrew. Always remember to wash your hands first with an antibacterial soap. Right is tight and left is loose! If you lose a ball, we always have them in stock and they are for sale. If you are unable to pick one up right away, although it sounds weird, we have found clean eraser tops off a pencil work great as a temporary fix.
- If you are wearing a captive bead ring, the bead is held in by pressure. To check the bead for tightness, squeeze both sides of the ring together. The bead will spin but it should not be able to move back and forth. If it does and you can't squeeze it tight, please come in and we will tighten it for you.
- Do not ever use pliers or any at home tools on your jewelry as you may scratch and damage the jewelry!
- Retainers are also available should you need to hide your piercing, or if you're having an MRI or surgery.
- Oral contact with the piercing should be avoided for at least 3 months, unless some kind of barrier is used.
- Bras should be made mostly of cotton to allow the piercing to breathe during healing time.
- Wearing a clean bra, sports bra, tank-top or t-shirt to sleep in for the first 3 months is best, unless you want to change your bedding nightly due to animal hair, dander or bacteria that may be in your bedding.
- Direct contact with the piercing should be gentle, with clean hands only.
- Be cautious not to snag your jewelry when buckling your seat belt or when using a loofa sponge in the shower.
- Always keep lotions away from the piercing.
- Avoid submerging the piercing in unhygienic bodies of water, such as: lakes, pools, hot tubs, baths, etc.
- Avoid activities that could affect the piercing, such as: gardening, contact with animals, or recreational water activities.
- If you do these activities during the healing time of the piercing, protect your piercing using a waterproof wound-sealant bandage-these are available at most drugstores.

Piercing _____

Jewelry _____

Follow-Up _____

Performed By _____

AFTERCARE

FOR YOUR NIPPLE PIERCING



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