



Cheek, Labret, and Lip Piercing Aftercare Instructions

Part 1: Inside

1. Brush your tongue and mouth with toothpaste.
CAUTION: Do not use whitening toothpaste, peroxide can cause a keloid.
2. Rinse your mouth with an alcohol-free mouthwash.
3. If needed, take Ibuprofen, Motrin or Aleve as recommended to reduce swelling.
4. Repeat steps 1 & 2 after you eat, smoke, or drink anything besides water.

Part 2: Outside

1. Use warm water to rinse any dry matter from the jewelry
2. Use a mild liquid soap. Move the jewelry in-and-out of piercing site for 1 minute. Then rinse under running water for 1 minute in the same motion.
3. Spray the piercing site with saline wound care. Do NOT Use eye contact saline.

Continue above procedures 2x daily until piercing is healed

Helpful Hints

- **COMMON SENSE-** New piercings should be treated with great precaution while healing. Oral contact and handling with dirty hands can potentially cause an infection.
- **KELOIDS-** Are a thick scar-like growth of excessive fibrous tissues.
CAUTION: Never use Hydrogen Peroxide, Alcohol, Glyoxide, or Bactine on your piercings as this will cause keloids. People often misdiagnose keloids as an infection. If you are allergic to nickel we suggest only wearing high-polished titanium jewelry to prevent keloiding.
KELOID RECIPE: mix 1 tablespoon of baking soda and distilled water into a paste and pack around the keloid 2x daily. Tee tree oil is also known to reduce keloids and scarring.
- **INFECTIONS-** Infections are infrequent if piercings are cared for properly. If you believe you have an infection, leave the jewelry in and contact us immediately. Infections are often misdiagnosed. See your piercer as soon as possible if you believe there is an issue with your piercing, don't ask your BFF for piercing advice.
- **SALINE WOUND CARE-** we sell the most convenient and economical solution for your aftercare. If you would rather create your own saline/salt solution here are the instructions: One teaspoon of non-iodized sea salt to one quart of distilled water. Use a clean spray bottle as this aids in the irrigation of the piercing site. The State of Florida Health Department does not recommend swimming in the ocean as a substitute due to bacteria (a.k.a bird poop).
- **MILD SOAPS-** Mild soaps are non-antibacterial soaps. We also suggest that you use a pump or bottle soap only. Bar soaps can get cross contaminated (someone may have washed their unmentionables with it before you put it on your new piercing—yuck!). Do not over clean your piercing or use harsh soaps; this does not promote new cell growth.
- **CHANGING JEWELRY-** It is recommended that you do not change out your jewelry until the piercing is fully healed. When the time comes, we are happy to change it out for you free of charge.

Average healing times for cheek, labret, mouth, and lip piercings: 2-3 months.