



# Piercing Aftercare

Thank you for choosing The Circle for your new .....piercing.  
Your piercing will take around .....to heal.  
You can downsize your jewellery after.....

Upon leaving the studio, your new piercing and its jewellery are your responsibility.

## Whats Normal?

Initially some bleeding, localised swelling, tenderness or bruising around the piercing site.  
During the healing some discolouration, itching, and secretion of a yellowish fluid (not pus) that will form some crusting. Do not pick!

There are various factors which will determine the healing time of your piercing.

- Problematic piercings can often be caused by aggravation due to clothing, fiddling or playing with the piercing, contact with unwashed hands or bodily fluids.

By using the appropriate aftercare solution and regime, also keeping the irritation to a minimum, you will ensure the best possible healing environment for your piercing.

## Cleaning regime for your new piercing

We recommend a sterile saline solution called Stericlens

- Wash your hands thoroughly.
- Do not remove, twist or turn the jewellery.
- Soak both sides of the piercing with saline to soften any 'crust'.
- Soak a clean cotton bud with saline and carefully wipe away any crust formation.
- Soak a new cotton bud and clean around the piercing and jewellery.
- Repeat on both sides of the piercing until clean (3 times on each side).
- Pat dry with a piece of clean kitchen towel.

This process needs to be repeated twice a day for the first two months, then reduced to once a day for the rest of the healing period.

## Oral piercings

- For the inside of the mouth, you need to rinse with an alcohol-free mouthwash every time you eat, drink or smoke for the first 2-6 weeks.
- Avoid citrus, spice and anything too hot (in temperature).
- To help reduce the discomfort of swelling, you can drink some ice water.
- We also advise that you change your toothbrush as your old one may harbour bacteria.

## DO'S

Stay healthy – maintaining a good immune system, staying healthy and stress-free is key to healing a new piercing. Eating well, drinking plenty of fluids and getting enough sleep can really make a difference.

Get a travel pillow – Ear piercings can be tricky to heal, but with the help of a travel pillow, positioning your ear in the gap will prevent you from sleeping on your new piercing.

Warm showers – After showering as normal, rinse your ear thoroughly to remove any soaps that can aggravate the piercing. The water jets will also soften and remove stubborn crust formations

Downsize your jewellery – Downsizing your jewellery is incredibly important. Once the swelling has subsided after 2-4 weeks, if you find there's some space on the bar, pop back to studio for a check up and a shorter bar. Shortening the bar reduces the amount of movement and aids the piercing to heal straight.

## DON'T'S

Do Not Twist/Turn the jewellery – If the jewellery moves freely, that's fine. Don't force the jewellery to move as it can reopen the wound and delay the healing process. It can also be drag dirt and bacteria through the healing piercing, increasing the chances of developing an infection.

Do Not Sleep on it – sleeping on a new piercing can cause irritation and migration. With ear piercings, try positioning your ear in the gap of a travel pillow.

Do Not use Harsh chemicals – Don't clean your piercing with any alcohol, TCP, surgical spirit, tea tree etc. These products are often too harsh for our skin and can be incredibly counter-productive during the healing process. We only recommend sterile saline to clean your piercing.

Baths and Swimming – Avoid steam rooms and submerging your piercing in baths, the sea and pools for the first 4 weeks. These places harbour an array of bacteria that will have easy access to your new piercing.

## And Finally

With any piercing, you must be aware that there is a risk of potential swelling, bruising and scarring. Although uncommon, some piercings may migrate, reject or grow out.

A piercing may seem healed before its healing time is complete. This is because the tissue heals from the outside inwards, and although it feels fine, the interior remains fragile. Be patient and continue cleaning your piercing throughout its entire healing period.

Please do not hesitate to contact us with any questions  
Happy Healing

The Circle  
21 Noel street, London, W1F 8GP  
info@thecirclelondon.com  
02077343499