

# AREA 51 CLEANING INSTRUCTIONS FOR BODY PIERCINGS

Do **NOT** touch, move, twist or knock your piercing in any way, even whilst cleaning.

**The more this is done, the longer it will take to heal.**

- o Wash your hands thoroughly prior to cleaning your piercing.
- o Spray saline solution (salt water) directly onto your piercing. Do this only once a day. Do not use cotton buds to clean around the piercing site, this will irritate your piercing and unnecessarily move the jewellery.
- o We pierce with over-sized jewellery to allow for any swelling. After the swelling has gone down we recommend coming back in to see us so we can fit a shorter bar for comfort.

## What is Normal?

- o Initially: some bleeding, localized swelling, tenderness and bruising. This should subside after a week or so.
- o During the healing process: some discolouration, itching, secretion of yellow/clear fluid that will form a crust on the jewellery (it is important you do not pick this off as it will unnecessarily irritate the piercing site). The tissue may tighten around the piercing as it heals.
- o Once healed: the jewellery may not move freely in the piercing; do not force it. If you fail to include cleaning your piercing as part of your daily hygiene routine, normal but smelly bodily secretions may accumulate.
- o A piercing may seem healed before the healing process is complete – this is because tissue heals from the outside in. Although your piercing may feel fine, the interior will remain fragile and changing your jewellery too early can cause complications. Be patient and keep cleaning throughout the entire healing period.
- o Even piercings that you have had for years can shrink or completely close up in seconds. If you like your piercing and want it to remain open – keep some form of jewellery in and don't leave it empty!

## Most Common Problems

- o **Small lumps growing from either piercing hole:** This is **very** common and happens when the piercing is being moved too much. There is a common misconception that in order to clean your piercing efficiently you need to twist it, this is not true. They will usually disappear once you stop moving, twisting or knocking your jewellery.
- o **Jewellery digging in/feeling tight:** Sometimes the piercing will swell up more than the jewellery allows. Everyone is different and although we do pierce with longer bars to allow for swelling, sometimes the body will swell more than anticipated. Do not panic, this can be easily rectified by coming back into the studio and allowing your piercer to fit a longer bar.
- o **Red rash around the piercing site:** Usually this is caused by an allergic reaction to creams, plasters or dressings that have been used. The body jewellery we pierce with is **ALWAYS** surgical grade titanium which is a type of pure metal known for its use in surgeries. This will not react to your body. We do also sell surgical steel and sterling silver body jewellery in the studio – but we will never pierce with this as a rule.
- o **Balls coming loose:** This is very common; the balls will come loose naturally. This nothing that you or the piercer has done wrong. You will need to tighten the balls on your jewellery a few times a month to ensure your bar stays in.

**For more details or any concerns, in the first instance please contact Sarah or Ollie in the studio or via these contact methods:**

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