



MYSTIQUE PIERCING BOUTIQUE

Thank you for visiting Mystique Piercing Boutique. We hope you enjoyed your experience with us and are happy with your new piercing. Remember. We are with you throughout the entire process, from day one. You are not alone – please do not hesitate to reach out to us if you have any questions or concerns.

Here we will explain how best to care for your new piercing. Please follow these instructions diligently. This information has been carefully tailored by the piercing industry following many years of research and has been a proven method for successful healing.

What to expect during healing

When a fresh piercing is performed the body sometimes may have a delayed reaction for the first day. It is perfectly normal to experience swelling the day after if you did not already.

Slight bleeding, swelling, redness, tenderness, and bruising of the area is normal after you have had a piercing and is to be expected initially.

During the healing process your body may secrete a white/ yellow-ish liquid that forms a crust around the piercing site. This is very normal and is not pus.

This is called “lymph” and is a natural part of the body’s healing process.

What to use for cleaning your piercing

Sterile Saline Solution: Sterile saline solution, or saline mist/ spray with no additives is the best choice and only thing recommended for the cleaning of fresh and healing piercings.

Recommended brands: ‘Neilmed Fine Mist Spray’ (shown in image below), ‘Stericlense’

Non-Woven Gauze/ Disposable Paper Towel: Gauze or disposable paper towels are best for use as a compress while cleaning as they are a one-time use product, and do not leave fibres behind.



How to clean your piercing

1. Wash your hands thoroughly with soap and water before cleaning your piercing. This is the only time you should touch your piercing.
2. Using your sterile saline solution, soak a piece of non-woven gauze or a disposable paper towel. Apply the saline soaked tissue or gauze around the piercing and jewellery. Use this as a compress for up to five minutes (or longer if needed) to soak off all dry matter and build up that has formed in the area and on the jewellery.
3. Wipe the area and jewellery completely clean.
4. Using a fresh piece of gauze or paper towel, gently pat everything dry.

You should clean your piercing twice a day. Once in the morning, and once in the evening

There is no need to twist or turn your jewellery during the healing process. This is advice that stems from the gun piercing era and is now known to be a detriment to the healing process.

Things to avoid

- Please avoid playing with, touching, and letting anyone else touch your piercing with

unwashed hands. This can lead to contamination and infection.

- **Any form of cotton wool, or cotton-based products for cleaning your piercing. They can leave fibres behind that can attach to the jewellery, which can harbour bacteria and can cause irritation.**

- Do not clean your piercing with soap, anti-septic (TCP, Dettol, hydrogen peroxide, alcohol), or any harsh chemicals including "natural" products, creams or oils (tea tree, chamomile etc).

- **Do not pick, or scratch at your piercing.** If you have excessive build up of dry matter and bodily liquids on your piercing, you can increase your cleanings to three times a day. No more than three times a day is recommended. Over cleaning can cause irritation and prolong the healing process.

- Avoid applying make-up and cosmetics directly on your piercing.

- **Avoid swimming for the first 4-6 weeks completely.** Swimming pools, and natural bodies of water contain harsh chemicals and/or bacteria that can lead to irritation or infection.

- Try not to sleep on your piercing during the healing time. This can lead to migration of the piercing.

- Keep your piercing out of direct sunlight. Sunburn can cause excessive swelling and irritation.

Tips

- Travel pillows can be used when sleeping to avoid laying on your healing piercing.
- Be careful when showering and drying yourself after. We recommend avoiding "shower puffs" as they can easily catch or snag piercing jewellery. Instead try using sponges.
- A healthy body will always be more efficient at healing your piercings. Try to maintain a healthy lifestyle for the best possible results.
- Keep your pets away from your fresh piercings. Although we have our own fur babies here at Mystique, we know that they can pose potential risks of contamination or catching accidents.

How long to clean your piercing for

You need to clean your piercing for the entirety of the healing process. A good rule of thumb is that if you are still experiencing lymph production, you need to continue to clean your piercing daily.

Troubleshooting

When it comes to piercings, most of the time issues are not due to infection – you may be experiencing an irritation. These are always treatable and not permanent. If you have any concerns, please do not hesitate to reach out to us.

Below we will tell you the different signs of both irritations, and infections and what to look out for. If

you think you may have an infection, please reach out to your doctor, or seek medical assistance as soon as possible.

Irritational Bumps

Irritation bumps can occur due to various reasons. They are the body's way of cushioning the area that is trying to heal when consistent pressure is applied, or it is being irritated by external sources.

Here are some reasons that could contribute to irritation bumps:

- Initial swelling has reduced, and the post used to pierce now needs to be shortened.
 - Sleeping on your piercing.
 - Cleaning with cotton wool.
 - Cleaning with harsh chemicals.
 - Catching or snagging accidents.

Infection

Infections can occur due to contamination. They are usually fast progressing once they occur. Here are some of the things to look out for:

- Redness
- Soreness and pain
- Extreme swelling
- Area is hot to the touch
- Brown, reddish liquid coming from the area.