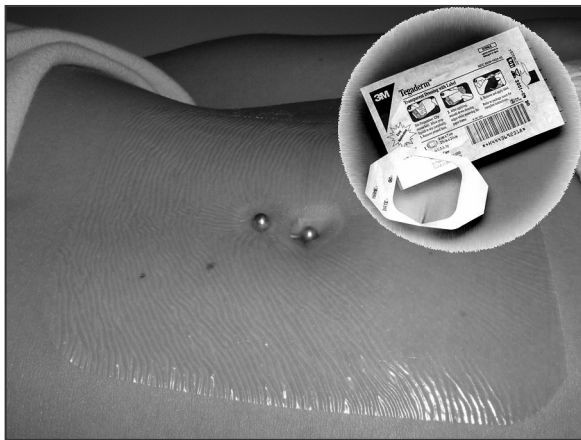


3M NEXCARE: TEGADERM SEALS ARE
AVAILABLE AT YOUR PHARMACY



BENEFITS

- **Transparent** dressing allows you to easily monitor piercings without the need to change dressings.
- **Dressing** conforms to the body for easier application and longer wear time for cost-effective use.
- **Unique** picture-frame style is easy to apply, allowing for one-handed application and less dressing waste.
- **Breathable** film allows for exchange of moisture vapor and oxygen while providing a moist wound environment for enhanced healing. Make sure to wash if you get sweaty underneath if you wear Tegaderm.
- **Sterile**, waterproof dressing provides a barrier to outside contaminants while allowing you to shower.
- **May** be combined with sterile gauze to absorb perspiration.
- **Protects** the navel or nipple from excessive friction.
- **Best** for swimming or bathing.

YOUR PIERCING EXPERTS:

BRIAN SKELLIE: OWNER / ADVOCATE



MAKING PEOPLE SHINY SINCE 1992

DATE / /05 THICKNESS SIZE

TIPS FOR BETTER HEALING:

- **Boost** your immune system with great nutrition.
- **Consider** taking a multivitamin.
- **Try** a soft, dry, hot compress for 10-15 minutes as often as every hour and each night at bedtime to increase the circulation and bring healing cofactors to the area. **With** repeated application you may be able to significantly speed your recovery. **Repeat often.**
- **This** can be accomplished with an electric heat pad set on medium, a hot cup of liquid with a lid or a warm washcloth inside a Ziploc bag.
- **Keep** sterile gauze or a tissue between you and the compress for hygiene and to absorb perspiration.

HOURS: 12-9PM TUESDAY-SATURDAY

12-5 SUNDAY / CLOSED MONDAY

1654 MCLENDON AVE ATLANTA GA 30307-2153

CONTACT: 404-378-9100

800-646-0393

INFO@PIERCING.ORG

YOUR

PIERCING EXPERIENCE

SAFE

SIMPLE

GENTLE

WWW.PIERCING.ORG

ABOUT THE MATERIALS WE USE

We use ASTM certified jewelry materials. **This** means that they are proven safe for use in piercing applications by scientific testing.

Any jewelry that is made of materials that are not certified for human implant applications should be treated as novelty jewelry and never worn in contact with body fluids or worn for extended periods of time.

Serious and permanent damage to skin and vital organs can occur from certain materials, as toxins from the materials are absorbed through your skin and into the bloodstream.

PROPER FIT GUARANTEED

Jewelry for new piercings should be fitted for comfort without excessive movement. **We** guarantee the fit of your piece. **Contact** us for replacement if you think it might be too loose or tight. **Tight** jewelry tends to indent the openings. **Loose** jewelry tends to move about & cause irritation.

HOW THE BODY HEALS

- **The** body will begin by sealing the new opening and defending itself with white blood cells and your natural healing factors.
- **New** skin can grow very quickly when a piercing gets protection from irritation and infection.
- **The** body heals quickest when protected and left alone, usually in 30 to 90 days
- **The** better your nutrition and care during this time, the quicker your piercing will heal.

WHAT YOU NEED TO DO

- **Protect** your piercing from biological and chemical contamination. **Don't** use any antibacterial or antibiotic products, peroxide or alcohol on your piercing.
- **Twisting** and turning **have not** proven useful in healing piercings and are not required. It is irritating, like picking a scab.
- **Check** the jewelry regularly and keep the ends tight at their connections. **Wash** your hands thoroughly, and then use medical gloves, sterile gauze, paper towel or folded tissue to grip **without direct contact**.
- **If** you are wearing an occlusive bandage such as **TEGADERM** for your nipple or navel piercing ensure that the seal is watertight and replace the dressing when the edges start to peel up or curl.

YOUR HEALING

Your piercing should look good and feel healthy every day. **You** should never experience extremes of pain, swelling, redness, heat, discolored discharge or weeping from any piercing. **These** are signs of a problem. **Contact us, or your doctor for advice.**

WHAT TO EXPECT



PHASE 1

(**This** occurs in the first few weeks.)

- **Dry**, small scab forms around the jewelry; skin begins to grow.
 - **Keep** the piercing isolated dry & clean.
 - **Leave** scab or dried fluids intact.
 - **Don't** touch, move or rotate the jewelry.
 - **Avoid** pressure from tight clothing, or sleeping on your piercing etc., which can cut off the circulation and slow healing.
 - **Don't** contaminate your piercing with dirty hands, soap, tap water, make up, or skin care products etc.
 - **While** bathing or swimming, keep the piercing dry. Keep your back to the shower and cover it with a plastic cup, or wear a waterproof seal such as **TEGADERM** (latex free).
- Prior** to applying any bandage over the piercing, clean off the area surrounding the piercing using a gauze pad and distilled water. (Take care to avoid the jewelry and wound).
- **If it gets WET**, rinse with distilled water and blot dry with sterile gauze or tissue.
 - **If it gets DIRTY**, wash it with a mild soap [**without** dye, fragrance, moisturizer, deodorant, or antibacterial ingredients], then rinse and blot dry with sterile gauze or tissue.

Avoid getting the piercing wet or dirty for faster, easier healing.

Avoid sexual and oral contact with unhealed piercings.

Healthy nutrition and avoiding alcohol, smoking, and drugs will benefit your piercing. **Get your vitamins and minerals!**

At 30 days, please visit for free follow up.



PHASE 2

(**Usually** occurs after the first week.)

- **Healthy** people will notice the inside sheds dried scab and cellular waste material; the growing new skin is delicate.
- **Continue** to protect it until the skin is sturdy and has completely healed and no more of the waste material is secreted on the jewelry.
- **Jewelry** should not be moved or changed at home until solid healthy skin has sealed the area. **We** can do it for you safely.



PHASE 3

(**Usually** occurs within **30 to 90 days.**)

- **For** a healthy individual by now a tunnel of skin should be sturdy & sealed.
- **Keep** cleansers, shampoo and soaps out of the opening and off the jewelry. **Rinse well** if you do get anything on or in the piercing.

- **Blot** dry with sterile gauze or tissue after bathing to prevent irritation from moisture retained inside.
- **When** the skin has become sturdy, you can carefully ease back in to your regular activities.
- **Changing** jewelry on your own should be easy when the piercing is healed.

Should you take out your jewelry for an extended period of time, reinsertion could become difficult. **The** longer the jewelry is left out, the tighter and more difficult reinsertion can be. **The** elastic nature of skin can make a healed piercing shrink, but not seal shut. **We** can usually put the jewelry back in for you pretty easily with a guide taper, as soon as possible after you remove it. **You** get to keep the guide, to make it easier for you to change or remove in the future.

ORAL CARE

Use a new MECHANICAL TOOTHBRUSH and BOTTLED WATER to brush teeth and tongue each day after eating or drinking during healing.

- **Wash** out food particles and residues with bottled water after meals and snacks. **This** will help avoid bad breath and infection.
- **Don't** use toothpaste, mouthwash, peroxides or other oral care products such as Listerine Pocket Packs strips during healing—such products do not aid in healing and may irritate the piercing.
- **Drink** plenty of cold liquids (ice water, fruit juice and electrolyte drinks). **Continue** until the area has relaxed back to normal.
- **Ice should be soothing if applied consistently until the muscles involved relax.**

Avoid oral contact with anything irritating: smoking, alcohol, spicy, salty, sugary, or highly acidic food and drink, etc.

- **Within two weeks** of sealing the piercing, change jewelry to a shorter post to prevent serious tooth damage. **A** closer fit will reduce wear on teeth and gums. **You** keep your longer post, as it may be useful later for another piercing of your own body.
- **Skin** colored (matte pink) titanium pieces are suggested for disguise and can also be used for healing. **However**, there are currently no clear or flesh tone plastic pieces that meet ASTM standards for implant certification.

AND IN CLOSING...

Please come back to show us your results as part of our ongoing process of improvement and development of our techniques and documentation of our work. **You** play an important role in our quest to make the art and science of piercing safe, simple, and gentle.