

NO·KA·OI

TIKI TATTOO & BODY PIERCING



PIERCING AFTERCARE

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Aftercare has changed over the years. These days we only suggest saline solution for aftercare or sea salt water soaks. There are several pre mixed medical grade wound care solutions you can buy, such as H2Ocean or Blairex Wound Wash Saline. You should avoid eye care saline, due to the preservatives and additives it contains.

You can also make your own solution with non-iodized sea salt (or kosher salt) and distilled water. Take ¼ teaspoon of sea salt and mix it with 8 oz of warm distilled water and you have your saline. You can also mix it in large quantities using ¼ cup of sea salt mixed with 1 gallon of distilled water. You must make sure to use distilled water, as it is the cleanest water you can get. You must also measure the proportions of salt to water. **DO NOT GUESS!**

How to clean your piercing

If using a premixed spray, take a clean q-tip saturated with the saline and gently scrub one side of the piercing, making sure to remove any discharge from the jewelry and the edges of the piercing. Repeat the process for the other side of the piercing using a fresh q-tip. You **DO NOT** need to rotate or move the jewelry. Many piercers recommend rotation, but we have found that our clients heal faster when the piercing is not rotated. As a piercing heals, immature cells grow inside the piercing to create the “tube” of the piercing. The rotation disturbs and destroys these cells, making the piercing take longer to heal.

The only reason to rotate your piercing during the healing process would be to remove any harsh soap or body wash from the piercing. If this does occur, rotate the piercing gently under warm running water, then flush with saline.

Sea salt water soaks can speed up the healing process when done regularly. To maximize healing, use saline solution in the morning, and a 15 minute warm sea salt water soak at night before bed. The warm sea salt water will pull discharge out of the piercing, while providing extra nutrition to the piercing.

Solutions you should NOT use

Anti-bacterial liquid soaps: Soaps like Dial, Lever, and Softsoap are all based on an ingredient called triclosan. Triclosan has been overused to the point that many bacteria and germs have become resistant to it, meaning that these soaps do not kill as many germs as they once did. They can also be too harsh due to colors and fragrances they contain. Anti microbial soaps like Provon and Satin, although not based on triclosan, can still be too harsh for a healing piercing.

Alcohol, peroxide, and iodine/betadine: These products are way too harsh to use on a healing piercing, and will result in an irritated and dried out wound that will take much longer to heal.

Neosporin, Bacitracin, and other ointments: These products are petroleum jelly based and will block oxygen flow to the piercing. They are also not meant to be used on puncture wounds per the directions on the package (your piercing is a puncture wound).



Oral Piercings

Oral piercing care is similar to body piercing care, with an extra step for the inside of your mouth. Sea salt water or an alcohol free mouthwash, such as H2Ocean mouth wash, Tech2000, Biotene or Crest Pro Health, can be used to rinse the inside of your mouth. You should rinse after every time you eat, drink, or smoke. Cutting down on smoking and drinking alcohol will help you heal faster. Due to the high yeast content in beer and malt liquor, it is best to avoid it during the healing of your oral piercing.



Genital Piercings

Care for any genital piercing is the same as other body piercings. You must remember to avoid all unprotected sex (including oral sex) for the full healing time of your genital piercing. This is important even if you are in a monogamous relationship, because you are trying to avoid infection, not disease transmission. The germs and bacteria in other people's body fluids will not play well with your piercing.

Helpful Hints for Healing Piercings

- **Do not touch your piercing, or let others touch your piercing:** Hands are very dirty, no matter how clean they look.
- **Avoid body fluid contact:** Other people's body fluids (saliva, semen, etc.) have germs and bacteria that will not play well with your piercing.
- **Wear clean clothes:** Clothes can accumulate bacteria, so make sure what you are wearing over your piercing is clean.
- **Wash your bed linens at least once a week:** Pillow cases and sheets can accumulate bacteria just as your clothes can, so make sure to keep your sheets nice and clean.
- **Do not sleep with your pets:** Dogs and cats love body fluids, and are likely to lick your piercing while you sleep. Dander and hair will also irritate fresh piercings.
- **Keep yourself healthy:** Your piercing will suffer if you are not keeping yourself healthy. Remember to eat right, take vitamins such as vitamin C and zinc, and get enough sleep.
- **Getting multiple piercings in one sitting can lengthen healing times.**

Healing Times

Ear Piercings

Lobe: 8-12 weeks
Helix (Upper Cartilage): 6 months-1 year
Tragus/Daith/Rook: 8 months-1 year
Conch: 8 months-1 year
Industrial: 8 months-1 year

Facial Piercings

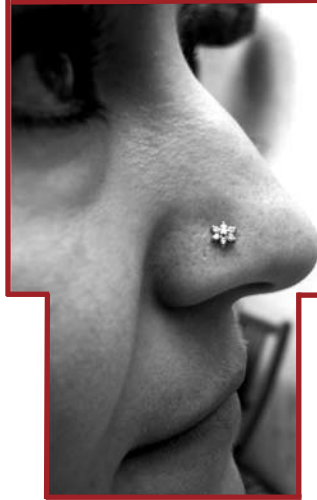
Eyebrow: 8-12 weeks
Nostril: 6 months
Septum: 6-8 weeks
Bridge: 10-12 weeks

Oral Piercings

Tongue: 4 weeks
Lip/Labret: 6-8 weeks
Beauty Mark/Filtrum: 8-10 weeks
Scrumper: 4 weeks
Tongue Web: 4 weeks
Cheek: 10-12 weeks

Torso Piercings

Male Nipple: 2-4 months
Female Nipple: 4-6 months
Navel: 6 months – 1 year



Male Genital Piercings

Prince Albert: 6-8 weeks
Frenum: 8-12 weeks
Scrotum: 10-12 weeks
Guiche: 10-12 weeks
Reverse P.A.: 6-8 months
Ampallang: 8-10 months
Apadravya: 8-10 months

Female Genital Piercings

Clitoral Hood: 4 weeks
Inner Labia: 4 weeks
Outer Labia: 3-6 months
Triangle: 8-10 weeks
Christina: 6-8 months

Surface Piercings

Nape: 4-6 months
Vertical Bridge: 4-6 months
Sideburn: 4-6 months
Anti-Eyebrow: 4-6 months
Horizontal Navel: 6-8 months
Sternum: 6-8 months
Clavicle: 6-8 months
Vertical Wrist: 6-8 months
Pubic: 6-8 months

DATE: _____

PIERCER: _____

PIERCING: _____

JEWELRY: _____

If you have any questions or problems please call us.