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hole open. However, this is not the best course of action for fresh piercings. If jewelry is taken out permanently, fresh piercings will often heal up leaving no trace of the piercing. If you are considering retiring your piercing, ask your Tribal Rites piercer for advice for the best way to do so.

Recommended Jewelry Includes:

- 316LVM Stainless
- Platinum
- Steel
- Solid 14k gold or better
- Niobium
- High grade glass
- Titanium
- Bio-compatible polymers

Healing Times

| | |
|---------------------------------|--------------------------------|
| Ear Cartilage (any) 6-12 months | Nostril 3-4 months |
| Earl (bridge) 3-4 months | Septum 2-3 months |
| Earlobe 6-8 weeks | Surface Piercing 9-12 months |
| Eyebrow 6-8 weeks | Micro-dermal anchor 6-9 months |
| Labret 6-8 weeks | Tongue 6-8 weeks |
| Lip 6-8 weeks | Cheeks 6-12 months |
| Navel 6-12 months | Nipples 6-9 months |

I think I have an infection, or I have small bump on my piercing. What should I do?

First, it is always appropriate to see your piercing friendly physician, but a call to us may save you a trip. If possible, visit any Tribal Rites studio and show us the piercing. Also, tell the piercer about any circumstances which may have led to the irritation. PLEASE DO NOT REMOVE THE JEWELRY! This may aggravate the problem by closing off drainage. Sometimes, it is necessary to remove jewelry from a failing piercing. Please do not so without first consulting a Tribal Rites piercer or a piercing friendly physician. Some kinds of bumps are not infections, and the vast majority of bumps are not keloids. If you are unsure ask you piercer. Treatment of bumps and infections can mirror each other in some ways. Infections can be the underlying cause of many bumps.

- Are you following Tribal Rites' aftercare instructions? If so, talk to your piercer about changing your regimen.
- Quit touching your piercing!
- Keep your piercing relatively dry.
- Heat compresses can be very effective. See the section about compresses in "What Else Can I Do?"
- Cold compresses can help with swelling.
- Hydrogen peroxide can be used in small doses. You can dilute hydrogen peroxide with water 3 to 1 or use it full strength. Use once a day for 3 days. Stop use if the piercing does not respond well.
- See a piercing friendly physician: It is always appropriate to see your physician; however, some doctors tend to over prescribe medication. Always ask your doctor to take a culture so they know what they are treating.

Your New Piercing:

Your piercing was performed professionally and appropriately. Follow these simple suggestions, and your healing period should go smoothly. Although not physicians, Tribal Rites' piercers are available whenever you have questions about aftercare. Please call us anytime! Do not have a cavalier attitude toward your piercing. Take care of it diligently and seriously and you will have a much easier healing time.

How should I clean my piercing?

For External Piercings

- Wash hands: First and foremost, it is essential to properly wash hands before cleaning a piercing.
- Use a sterile wound wash saline solution (NOT contact solution) for irrigation and light anti-bacterial cleaning. We suggest NeilMed™ Wound Wash Saline or similar sterile pure sodium chloride solution. Apply thoroughly by pouring or spraying the solution or use a cotton swab.
- Remove any crusted matter with a cotton swab wet with wound wash saline. Allow the saline to work its way into and around the piercing. DO NOT SPRAY SALINE DIRECTLY INTO THE WOUND.
- Double check the ends on your jewelry to make sure they are screwed on tight after every cleaning.

For Oral Piercings

- Wash hands: First and foremost, it is essential to properly wash hands before cleaning a piercing.
- If you have an external component to your piercing follow directions for external piercings as well as the following.
- Use the mouthwash below 2-4 times during the day for at least 2-3 weeks. Use when you wake up and go to bed, and occasionally after smoking or meals. Using mouthwash too much can cause microbial imbalance would could lead to thrush (yeast infection in the mouth).
- Alcohol-free mouthwash like Crest Pro-health or Biotene are superior to alcohol based rinses because they are far less harsh. Sterile saline solution is also acceptable.
- You may want to reduce excessive swelling pro-actively (within the first 24-48 hours) by using ice, drinking cold water, or taking an anti-inflammatory like naproxen sodium (better) or ibuprofen if you are not allergic to them. Some swelling is normal. You should not over combat swelling.

This is a short list of things that occur during the proper course of healing. They are considered part of the healing process and therefore normal.

- Tenderness
- Swelling
- Redness
- Bleeding (small amount)



3 Locations

BOULDER 303-449-4611 1309
College Ave. Boulder, CO 80302

LONGMONT 303-776-9333 1716
Main St. Suite B Longmont, CO 80501

WESTMINSTER 303-421-5700 7735
W. 92nd Ave. Westminster, CO-80201

HOURS
Monday-Thursday: Noon-8pm
Friday & Saturday: Noon-9pm
Sunday: 1pm-7pm

tribalrites.com

Questions or Concerns call or email to contact@tribalrites.com

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Disclaimer:

Piercers are not considered trained or licensed medical practitioners. As such, we may not diagnose, prescribe, or claim to treat any condition whatsoever. The aftercare that we give is considered a suggestion and is only advice stemming from our research and anecdotal evidence and experience. You may choose to use or not to use this information at your own discretion.

Tribal Rites is Licensed by:
Body Art Program, Environmental Health Division Boulder County Public Health (BCPH) 3450 Broadway Boulder, CO 80304
303-441-1564 www.co.boulder.co.us/health/encioern/bodyart

Inspected by:
the Jefferson County Health Department
645 Parfet Street
Lakewood, CO 80215 303-239-7078

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Body Piercing Aftercare

- Heat Compresses** are good after most swelling has subsided. Soak a wash cloth with hot water, (not scalding), and hold on the piercing for 3-5 minutes or longer (re-wet washcloth to keep warm as needed). Do not oversoak your piercing making your piercing soggy. Heat bottled water or saline. Avoid using tap water.
- Chamomile tea bag heat compress:** This is a great alternative to standard heat compresses. It breaks down toxins and is a natural anti-inflammatory. Use pure chamomile tea. Heat tea bag and place on piercing for 3-5 minutes. Thoroughly wash the area after. **DO NOT USE IF ALLERGIC TO RAGWEED!**
- Excessive swelling** may be combated with ice and/or an anti-inflammatory such as naproxen sodium or ibuprofen if you are not allergic to it. Naproxen sodium is a better choice for piercings. Our bodies are meant to swell in the first stage of the healing response. **It is not recommended to take anti-inflammatories** for the sake of reducing swelling right after getting your piercing done. Your jewelry should be long enough to allow some room for swelling. Excessive swelling is caused by other problems like trauma or infection. You must treat the root cause of the problem.
- Essential Oils** such as emu oil, jojoba oil, lavender oil, and tea tree oil can all have positive effects on your piercing. However, use them **SPARINGLY** and try single oils instead of mixes to see if you might be allergic. Oils are great in arid climates where piercings can get too dry.
- Environment:** Keep objects that come in contact with your piercing clean like bedding, clothes, and phones. Be aware of what your pets have traveled on. Avoid camping or traveling during your initial healing period when you might be in an unhygienic situation and unable to clean your piercing.
- Be careful about topicals** you use around the piercing. Makeup, soap, lotions, sunscreens, and any other topical substances can have adverse effects on your piercing. Use non-fragranced non-petroleum based lotions, soaps, and other substances.

When can I change or remove my jewelry?
One of the most common mistakes is being impatient and changing your jewelry too soon. It is suggested that you wait, at least, until initial healing time is finished. Proper jewelry should always be chosen for non-healed piercings. There are poor jewelry choices even for healed piercings, so please consult your Tribal Rites' piercer. Swelling should have completely subsided to change or downsize jewelry. If jewelry is removed too soon, the piercing can close in a very short period of time. Often just a few minutes in the case of fresh piercings. Even old piercings can tighten up quickly, and it may be difficult to re-insert jewelry without the help of a piercer. If need be, a retainer may be used in place of the jewelry to keep the

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