**ON POINT PIERCING (BORDERS) AFTERCARE ADVICE FOR YOUR NEW PIERCING**

Your new piercing has involved breaking the surface of your skin and there is a possibility that, if not cared for properly, your piercing may become infected. By following the advice provided in this leaflet, you will reduce the chances of anything going wrong with your piercing.

**WHAT TO EXPECT FROM YOUR PIERCING**

It is normal for most piercings to bleed slightly at first, but this should last no more than a few minutes. This may happen a few times over the first few days but should not be continuous and should not be heavy. If this happens, you should seek medical advice immediately.

Everyone heals at different rates and some piercings take long than others to heal. The following list gives an idea of the estimated healing times for different piercings but yours may take more or less time to heal completely.

**Ear lobe, eyebrow, nasal septum - 8-12 weeks**

**Ear cartilage and nostril - 2 months to 1 year**

**Nipple - 4 to 6 months**

**Navel - 4 months to 1 year**

Your new piercing may be itchy, tender and slightly red for some time. In some cases a clear, odourless fluid may come from the site and form a crust. This is part of the natural healing process.

**GENERAL RULES**

To minimise the chance of germs getting into your piercing:

* Don’t touch your piercing for at least a couple of days.
* Don’t pick at, or play with your piercing
* Don’t allow anyone else to touch your piercing
* When you have to handle either the piercing or the jewellery, wash and dry your hands thoroughly first.
* Don’t use your fingernails to move the jewellery
* Try not to aggravate your piercing
* Avoid wearing tight clothing around your piercing
* Keep waistbands away from navel piercings
* Try to avoid rigorous exercise until your piercing heals

**KEEPING YOUR PIERCING CLEAN**

Where possible, you should aim to **clean** your piercing twice a day. Most piercings can be cleaned with warm pre-boiled tap water or sterile saline solution. Use a fresh cotton bud every time you clean the piercing. Always wash your hands and dry thoroughly prior to any cleaning process. Wash your hands after cleaning.

Gently soak off and wipe away any crust formations at the wound site – do not pick them off. Avoid applying hot cleaning solutions or surgical spirit on the treated area as they can damage delicate healing skin.

If possible, shower rather than bathe whilst the piercing is healing so that unnecessary water submersion is avoided.

Pat dry the pierced area after cleaning with a clean tissue/paper towel – do not rub as this could snag jewellery and tear delicate healing tissue. Do not use towels.

Do not use skin products on the treated area that have not been recommended by your operator or are not intending for open wound healing.

Avoid swimming and sunbeds and sun bathing until your new piercing is fully healed. Direct sunlight and chlorine can interact with the treated site causing skin irritation and inflammation.

Only ever change your jewellery as directed by your operator and ensure any new jewellery you buy is of good quality and is from a reputable supplier.