



NINE MOONS

PIERCING

## THE BASICS

- ◆ Do not touch your piercing.
- ◆ Do not twist, move, or rotate your jewelry.
- ◆ Do not sleep on your new piercing.
- ◆ Rinse your piercing in the shower every day and use saline for extra crusties.
- ◆ Eat right, sleep well, and stay hydrated.
- ◆ Schedule a checkup 4-8 weeks after your initial piercing date.

### **DO NOT TOUCH YOUR NEW PIERCING!**

Touching your piercing transfers bacteria directly into an open wound which can lead to an infection and the requirement of a medical professional.

### **DO NOT TWIST, MOVE, OR ROTATE YOUR JEWELRY!**

This disrupts the healing process and disturbs the regenerating tissue. You must allow your body to heal without disturbing the natural healing process.

### **PAIN OR DISCOMFORT!**

If an action or activity is causing any pain or discomfort, find a way to do it differently. Do not sleep on your new piercing even if it doesn't hurt. If your t-shirts or towels get caught on your jewelry, be more mindful of how you are changing or drying off.

## **SALINE SPRAY!**

Your body will create exudate (not pus) and fluids during the healing process. This is normal and means your body is doing its job! It will harden and form a crusty that looks similar to a scab - do not pick it! There are more gentle ways to encourage this crusty to come off. During your shower, allow the water to rinse over the piercing for about 15-30 seconds. Then you can use sterile saline spray to help remove them. If there are any crusties left over, leave them. They are not ready to come off yet and picking at them may cause irritation/bumps. If this process is concerning or bothering you don't hesitate to contact us for a check up.

## **HEALING!**

Your body is an amazing machine that wants to heal any and all wounds. We do not advise the use of any harsh chemicals (hydrogen peroxide, alcohol etc.), soaps, essential oils, or ointments. Through research and experience, we have found that these items are counterproductive and can delay the healing process. Our aftercare utilizes running water and/or body neutral wound wash saline and leaving the piercing alone to heal. Don't forget to focus on what is going into your body as well! Eat healthy, drink plenty of water and get the appropriate amounts of sleep!

## **CHECK UP!**

It is very important to come back to your piercer for a checkup appointment. This will allow them to assess your piercing and potentially downsize the jewelry! If the jewelry is not downsized, it can delay the healing process and cause some problems. Be sure to schedule a follow up appointment 4-8 weeks after your initial piercing to avoid any complications!

## TIPS & TRICKS

- ❖ Clean bedding can help prevent complications. A clean t-shirt over your pillow, changed regularly until your pillowcase is washed, is strongly encouraged for ear and facial piercings.
- ❖ Cell phones are like the hands you've never washed. Make your best effort to keep them off of your fresh piercing.
- ❖ Avoid submerging your piercing into any body of water as this will introduce bacteria into the open wound. Do not get your new piercing in pools, tubs, lakes, rivers, oceans, and water aside from running water or saline to rinse the area.
- ❖ Travel or donut shaped pillows can help you avoid sleeping directly on your ear during the initial healing time. Instead of wearing it around your neck, try sleeping with your ear in the donut hole.

If you have any questions, please feel free to contact us via email. Our team is super responsive and here for you!

## CONTACT

646.891.7907

ninemoonspiercing@gmail.com

www.ninemoonspiercing.com

Visit Our SoHo Location

424 Broadway, Floor 2

New York, NY 10013



Date: \_\_\_\_\_

Piercer: \_\_\_\_\_

Gauge: \_\_\_\_\_

Length/Diameter: \_\_\_\_\_

Gem/Size/Style: \_\_\_\_\_

Style: \_\_\_\_\_