

## AFTERCARE FOR FACIAL AND BODY PIERCING

- Wash your hands thoroughly before touching your piercing!
- Using Metal Morphosis Antibacterial Cleaning Solution or Saline Solution, clean the piercing 2-3 times daily, removing any dried lymph discharge around the entrance/exit holes of the piercing — do not pick this off as it will compromise the healing tissue.
- Repeat daily until the piercing is fully healed and discharge has completely stopped. This can take anywhere from 2 months upwards.
- If the piercing is swollen, avoid Paracetamol/Aspirin as this may increase swelling. An Anti-Inflammatory, such as Ibuprofen, can be taken to reduce swelling/pain. A cold compress may also be applied to the area.
- Avoid swimming/sunbathing for at least the first 2 weeks after a piercing to avoid irritation. After this period, ensure to clean the piercing thoroughly afterwards.
- Do NOT remove the jewellery whilst it is healing. This may lead to irritation and infection, as well as a prolonged healing period. If the jewellery needs changing (i.e. the piercing excessively swells or you react to the metal) contact your piercer straight away.
- Taking a zinc supplement is advisable as this can ease the healing period.

This information is designed to help you heal and care for your piercing(s). Please note that each body is unique and may react differently to specific treatments. If further assistance is required, either come in & see us or contact your piercer using the contact details below.

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