



## **PARADOXE TATOUAGE ET BODY PIERCING PROFESSIONNELS**

### **PARADOXE TATTOO AND PROFESSIONAL BODY PIERCING**

#### **PIERCING AFTERCARE**

Our recommended cleaning solution is a sterile saline solution. Doing your own mix of water and salt isn't something we recommend anymore. The only ingredient in your sterile saline solution should be 0.9% sodium chloride.

#### **HOW TO CLEAN YOUR PIERCINGS**

- **WASH** your hands thoroughly before touching or washing your piercing.
- **CLEAN** the area with a sterile sodium chloride solution.
- **RINCE** the area to remove the saline solution, moving or turning the jewel isn't necessary nor recommended.
- **DRY** the area by gently tapping with a single use paper towel; cloth towels can host bacterias and impurities that could affect your piercing's health.

#### **WHAT IS NORMAL ?**

- Shortly after the procedure : bleeding, tenderness, localized swelling and/or bruising may occur.
- During the healing process : discoloration, itching, yellow-white secretions (not pus) creating a crust on the jewel and skin tightening around the jewelry can happen.
- Once healed : Jewelry may not move freely, do not force it. If you fail to include cleaning your piercing as part of your daily hygiene routine, normal but smelly bodily secretions may accumulate.
- A piercing can look healed before it really is. Tissue heals from the outside in, be patient and clean it for the recommended amount of time.
- Healed piercings can shrink or close in a matter of minutes even if they have been done years ago. It is different for each person; if you like your piercing, leave it in place.

#### **WHAT TO DO**

- Always wash your hands before touching your piercing. Do not touch it except to clean it. It is not necessary nor recommended to move the jewelry during the healing process.
- Exercising while your piercing is healing is possible; listen to your body.
- Make sure your bed sheets are cleaned often. To protect your piercing while you sleep, wear clean, comfortable and breathable clothing.
- Prioritize taking a shower instead of a bath as bathtubs can harbor lots of bacterias. If you have to take a bath, make sure to clean your piercing right after.

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## **WOUND CARE**

- **Avoid over-cleaning the area, it could irritate your piercing and make the healing process longer.**
- **Avoid undue trauma (friction caused by clothes, playing with jewelry, vigorous cleaning...), it could create uncomfortable and unsightly scars, migration and make the healing process harder among other things.**
- **Avoid oral contact and other's bodily fluids on or near your healing piercing.**
- **Avoid drugs and other substances causing stress to your body, such as an excess of caffeine, nicotine and alcohol.**
- **Avoid submerging your piercing in water such as a lake, a pool, a spa or a bath. You can use a sealing waterproof bandage for your navel, nipples and micro-dermal piercings. They can usually be found in pharmacies.**
- **Avoid personal care and beauty products on and around your piercing, including makeup, lotions, sprays...**
- **Do not change your jewelry before it is completely healed. It is always better to contact your piercer before to make sure it is safe to do so.**
- **Do not sleep on your cartilage piercing while it is healing, it could cause irritation and a deviation of the angle of your piercing. You can use a travel pillow over your regular pillow and sleep with your ear in the opening to make sure you don't put pressure on it.**
- **If you have to take out your piercing for a short period of time (such as a medical procedure), ask your piercer for non-metallic jewelry.**
- **Do not take out your piercing. Even if it has been pierced and healed years ago, it could close in a matter of minutes.**

## **Navel piercing**

**To protect it from irritation, pressure from your clothes or impacts during physical activities, you could use a solid eye patch to cover it (usually sold in pharmacies).**

## **Ear cartilage and facial piercings**

- **Use the shirt trick: Dress your pillow with a clean shirt and turn it nightly; one shirt can offer four clean surfaces to sleep on.**
- **Keep surfaces in contact with your piercings clean at all times (phone, glasses, helmet, hat, headphones...)**
- **Be careful while brushing and styling your hair and inform your hairstylist of your new piercing.**

**When in doubt, contact your piercer for advice.**