



# TRIBAL XPRESSION

## General Aftercare

The aftercare for taking care of piercings anywhere on the body is easy. It is as simple as cleaning it twice a day with Sea-Clens.

Taking care of your piercing should always be the last thing you do in your shower or facial routine. This helps flush away anything that might have got onto the piercing in the shower (body wash, shampoo, etc.) and the moisture will loosen up any of the “crusty” matter that might be stuck to the jewelry making it easier to clean off. This “crusty” matter is just dried white blood cells (lymph), is completely normal, and is not puss or an indication of infection.

## **The most important part of taking care of any piercing is always keeping your HANDS OFF!**

You do not need to spin, rotate or twist your jewelry throughout the day or when cleaning it. All this does is introduce bacteria into the area and disrupts your healing cycle. The number one reason people get infections in a piercing is from handling it, specifically with DIRTY hands!

So, the first thing you will do in your aftercare routine is to thoroughly wash your hands before touching your piercing or your aftercare supplies.

### **Procedure for washing hands with soap and water:**

- Wet hands with warm water and enough soap.
- Apply enough soap to ensure lathering of all hand surfaces.
- Vigorously rub all surfaces of hands and wrists, including palms, between fingers, back of hands, wrists, fingers, fingertips, and thumbs.
- Rub hands for a minimum of 15 seconds.
- Rinse hands under warm, running water.
- Dry hands with disposable paper towels.
- Avoid re-contaminating hands after washing by turning off the faucet with a paper towel. You will need to turn the water back on to rinse your piercing off after applying your aftercare product so leave the paper towel wrapped around the tap to avoid re-contaminating hands.

It is best to clean your piercing **no more** than twice a day. Overcleaning your piercings does not allow your white blood cells to regenerate and will result in a longer healing period.

**Twice a day cleaning will start the morning after your piercing was performed and should be carried out as follows:**

1. Thoroughly wash your hands using the protocol outlined above, use fresh paper towel to dry hands off then use that same paper towel to turn the tap off but leave it wrapped around the faucet. Once your hands are thoroughly dried, spray the area with your Sea-Clens and let it sit for about 30 seconds or so.

This will help to further soften any matter dried on the jewelry and will help irrigate bacteria away from the area.

2. Once your solution has thoroughly moistened and loosened up any “crusty” matter dried to the jewelry, grab a few Q-tips, turn your tap back on using the paper towel you left on the faucet, wet the Q-Tips with water and gently remove everything, being careful not to disturb the piercing. It has been proven the gentler you are with your piercing the faster it will heal.

It is also important that none of this dried discharge is left on the jewelry as this will damage healing tissue.

3. Make sure the whole area is rinsed thoroughly with water as any sodium-based product can dry skin out with repeated use. It is also important to keep the area dry so after rinsing with water make sure to dry the area gently with a few more Q-tips.

**If you have any questions, concerns or problems please do not hesitate to call the studio at 403-210-2442.**



**TRIBAL  
EXPRESSION  
SUPERIOR BODY PIERCING**

## The Rules!

1. The most important rule of any piercing is **DO NOT TOUCH YOUR PIERCING WITH DIRTY HANDS**. It is estimated that over 90% of infections are caused by people handling their piercings. Avoid moving the jewelry or picking at the dried discharge.
2. Stay out of hot tubs, swimming pools, lakes, rivers and other bodies of water. Even if the living bacteria levels are low, the dead bacteria will plug up the piercing and can cause an infection. Even bathtubs can harbor bacteria, so we always suggest a shower over a bath during the healing period. Rumor says saltwater pools are okay, but this is **NOT** true! If you are unsure of anything, please give the studio a call.
3. Avoid oral contact, rough play or contact of any kind with anyone else's bodily fluids!!
4. Make sure that anything that comes into contact with your fresh piercing is clean. This includes cell phones, ear buds, pillowcases, toques, scarfs etc. Try to keep your hair off fresh ear piercings, keep your hair clean and avoid using excess amounts of hair products.
5. Never clean your piercing with rubbing alcohol, hydrogen peroxide, Betadine, Epsom salts, Bactine or any oil-based products like Polysporin, tea tree oil or coconut oil. These products will kill the white blood cells surrounding the pierced area, drawing bacteria to the area and can lead to infection and/or slow the healing process. We also strongly suggest not mixing your own sea salt solution either as this can be problematic. The solution needs to be mixed to the proper concentration and in a clean environment to be effective. It is always best to use a pre-mixed product.
6. Avoid undue trauma to the piercing from friction from clothing, handling the jewelry, rough play, excessive movement to the area or vigorous cleaning.
7. Do not ever clean your healing piercing more than twice a day. Over-cleaning is as harmful as under-cleaning. Over-cleaning will kill white blood cells, you will be more prone to infection and your piercing will take longer to heal.
8. Do not change the jewelry before the full healing period is up unless your piercer has advised you to come back for a downsize. Your piercer knows best and will advise you if and when you are ready for a downsize or a jewelry change.
9. Always clean your piercing after showering or washing your face to rinse out any soap or other products that may have gotten into the piercing.
10. Always keep make-up, lotions, personal hygiene products, hair products, etc. away from the healing piercing.
11. If infection is suspected, jewelry should be left in to allow for drainage. Removing the jewelry can seal the infection in the piercing channel and can lead to an abscess. If you are concerned your piercing is infected, come into the studio as soon as you can. We will take a look and will advise what you should do from there. Do not remove the jewelry unless advised by a medical professional to do so.
12. Stay healthy! Decrease stress, drink lots of water, take Vitamin C, Iron, Vitamin B and Zinc, and get adequate sleep. Following a healthy lifestyle will help your healing and booster your ability to fight infection.

## **What is Normal?**

Initially, some bleeding, swelling, bruising and tenderness.

During healing, there may be some discoloration and tightening to the surrounding tissue. There may also be a secretion of a whitish fluid that will build up as a “crusty” matter around the jewelry. This is not pus and should not be confused with an infection.

Once healed, the jewelry might not move freely in your piercing. This is okay, do not force it! Including your piercing in your daily hygiene routine even after it is healed will prevent the buildup of normal but smelly bodily secretions.

A piercing may seem like it is healed before your healing period is up. This is because tissue will always heal itself from the outside in. Although it may seem fine, it is still a fragile, healing piercing on the inside. Be patient and continue your daily aftercare.

Even healed piercings can shrink or close if jewelry is removed for extended periods of time. This varies from person to person so if you want to keep your piercing open, keep jewelry in it!

## **What to look for in a professional piercing studio:**

### **1. Sterilization, sterilization, sterilization!!!**

This is the single most important thing for any piercing studio, and these are some of the fundamentals to look for:

**An Autoclave** – an autoclave uses heat, steam and pressure to sterilize the jewelry, needle and tools used in your procedure. Make sure the autoclave is on a separate countertop or space and not on the same countertop where your procedure is being performed.

This can aid in the prevention of cross contamination. Tribal Expression uses a Statim 5000 autoclave and runs individual sterilization cycles for each procedure performed at the studio.

**Spore Tests** – Spore tests are biological indicators and are the most accepted means of monitoring the sterilization process. These tests are performed on our autoclave every three weeks to determine whether our autoclave is in fact killing all the highly resistant microorganisms present. These tests are then sent to an outside lab to be processed and the results will tell us if our autoclave is functioning properly.

These records are stored on site and are always available for clients to see upon request.

**Load Integrators**- Load integrators are devices that are used every single time we run a cycle through the autoclave, and they confirm that the autoclave has reached the proper temperature and pressure for the proper amount of time.

The integrator that is included with each client’s individual cycle is then stapled to their release form along with the digital printout informing us that the autoclave reached the correct temperature and pressure. Release forms from the last 2 years are kept in the studio and are available upon request.

## 2. Training

What type of training does the person have that will be performing your piercing? Do they have professional training from a reputable company or mentor? Have they been professionally trained in cross-contamination prevention and aseptic techniques? How long have they been professionally piercing for?

These are all particularly important questions that you need and have the right to know. Do not be shy to ask for credentials or certificates.

## 3. Jewelry (Implant Grade Quality)

Implant grade jewelry is body jewelry that is manufactured specifically for body piercing and can not be purchased in the mall. Shops claiming to sell implant grade pieces should be able to prove what the product is made from with Mill Certificates provided by the manufacturer. If they cannot provide you with this documentation you should question the price and legitimacy of the jewelry.

A good indication of a professional piercing studio is that they will not support and/or sell pieces from the mall as this jewelry is extremely poor quality and is not to be used for fresh piercings according to the Alberta Health Board Guidelines.

Tribal Expression is open every day from 11-7pm and we always have piercers on staff. Feel free to get in touch with us or stop by if you have any questions or concerns.