



New Flower Studio

Long Beach and Torrance, California

Our aftercare suggestions are intended to minimize the healing time of your new piercing and the risk of complications. If you're concerned at any time please make an appointment to visit so we can see you. New Flower uses jewelry that

meets the implant standards set by the Association of Professional Piercers and the state of California, and all barbells are internally threaded or threadless.

Please be patient while your piercing goes through the different stages of the healing process. Your piercing will likely feel and look great in only a couple weeks, but it takes several months for a piercing to get through the initial healing period.

What to expect

For the first several days a new piercing may be red and irritated, bruise, swell, and bleed. It's normal for a healing piercing to discharge a clear or cream colored fluid that may dry on the jewelry and become crusty. Remove this material by moistening it with plain water or one of our saline products. Clean your piercing with water or saline *anytime* there's debris on or around the jewelry. Managing swelling is one of the most important things you can do with a fresh piercing.

- **Do**
 - *Clean your piercing with plain water or products sold at New Flower.
 - *Rinse your piercing with water at the end of your shower.
 - *Eat well, get plenty of rest, and take a supplement with vitamin C and Zinc.
 - *Keep your stress levels low.
 - *Keep clothing that may cover the piercing loose fitting and clean.
 - *Elevate the head when sleeping for piercings above the shoulders. Use ice packs as needed.
 - *Tighten threaded barbells every time you shower.
 - *Expect more bleeding and swelling with the use of caffeine and alcohol.
 - *Avoid clothing and activities that cause additional irritation.
- **Don't**
 - *Avoid using chemical products on your piercing like Neosporin, Bacitracin, alcohol, Bactine, peroxide, iodine, Betadine, Triple Antibiotic, Gly-oxide, Hibiclense, oral antiseptics, alcohol based mouthwash, or any antibacterial soaps like Dial.
 - *Submerge your piercing in oceans, lakes, rivers, and pools for the first several weeks.
 - *Put cosmetics and hair products on your piercing.
 - *Expose your piercing to other people's body fluids for the first several weeks.
 - *Spin, twist, or rotate your jewelry. Friction is never good for a new piercing.

We have a wide selection of aftercare products that may be useful for your piercing. Your piercer may make suggestions. Products not intended for a body piercing may cause complications so please be cautious.

562-363-5003 / info@newflowerstudio.com / 1180 N. Studebaker Rd. #G / Long Beach, CA 90815 / Facebook & Instagram @newflowerstudio / **see our aftercare video at newflowerstudio.com**