

Nine Lives

Tattoo & Body piercing studio

10a Albert walk, Bray Co. Wicklow, Tel: 01/2761592, after hours 087 2740404

*Piercing after care: **Lip***

Thank you for coming to Nine Lives. The piercing was performed in a clean environment with sterile instruments and it is up to you to keep it clean.

- The piercing may be cleaned using saline solution. ½-1 tea spoon of sea salt, in cooled boiled water. (Never use water too hot or too salty!) Use clean kitchen towel dipped in the saline to wash the area. Clean it gently to avoid irritation! Make sure you clean your hands first! Clean the piercing 2/3 times daily, in the morning and at night, maybe once during the day if needs be.
- Use Difflam oral rise to wash your mouth out (always read the instructions) this will help the swelling to go down and help to take away any discomfort you may feel. (Difflam oral rise is available from Nine Lives)
- If you choose not to use Difflam, you can use Listerine mouth wash, this needs to be diluted with water (½ Listerine ½ water). You could also use Theramed toothpaste 3 times daily.
- Suck ice and drink a lot of water for the next few days to help reduce the swelling. The swelling may last between 2 and 10 days.
- Avoid alcohol, kissing, and spicy foods for the next 10 days. You can help your body to heal faster by cutting down on dairy products. (if you smoke it is a good idea to cut down for a few days after getting pierced, as the smoke can harm the piercing)
- Arnica 30 tablets will help your piercing heal faster (always read the instructions)
- The piercing will heal best if you leave the same jewellery in for around 2/3 months, but if the bar/ring becomes too uncomfortable it can be changed for something more comfortable after 2/3 weeks.

Any worries or queries please ring us sooner rather than later, our friendly staff will be more than happy to help!