

If you decide to go ahead, you should consider where on your body you will get tattooed or pierced and how long it may take to heal. Follow the care instructions given to you by the artist. Always wash your hands before touching your body art.

PROCEDURE	HEALING TIME
Tattoo	Six-eight weeks
Tongue Piercing	Four weeks
Earlobe Piercing	Six-eight weeks
Eyebrow Piercing	Six-eight weeks
Ear Cartilage and Navel Piercings	Four months-one year
Lip	Two-three months
Nostrils	Two-four months
Nipple	Three-six months

**\*\*\* Most piercings need a full year to completely heal before jewelry can be left out for any period of time \*\*\***

- Keep in mind that there is always a chance of a piercing migrating out of your body, whether it is healed or not.
- If you have an allergy to a metal or latex, talk to the artist before going ahead with your body art.
- The healing of your piercing depends entirely on the care you give it. You will need liquid antibacterial soap, Q-tips and sea salt. Always wash your hands before touching your piercing or jewelry!
- Clean the piercing two or three times a day with soap and water and a clean q-tip. Gently remove all dried plasma from both sides of the jewellery before moving the jewellery through the piercing. After the ring and exit holes are cleaned, soap the jewelry and rotate it through the piercing to clean the inside. Once or twice a day, mix a tablespoon of sea salt into a cup of warm water. Soak the piercing for 5-10 minutes, and rinse with fresh water afterwards.

### Signs of Infection

- A reddish patch around the piercing/ tattoo
- Pus oozing from the pierced/ tattooed area
- Itching around the area
- A lump or swelling at the piercing
- Fever

**If you have any of these symptoms, DO NOT REMOVE YOUR JEWELRY - Contact your doctor as soon as possible!**

Adapted from information provided by the Wellington-Dufferin- Guelph Public Health and the Grey-Bruce Health Unit

**For more information, call**

**Brockville 613-345-5685  
Smiths Falls 613-283-2740**

**HealthACTION Line  
at 1-800-660-5853**

**visit our website at  
www.healthunit.org/beauty**