Inside of the mouth
Rinse with saline solution or alcohol free mouthwash, 4-5 times daily for 30-60 seconds after meals and before bed during the entire healing period.

Each body is unique and healing times vary considerably

Common Healing Times
Ear Cartilage .................. 2 months to a year
Eyebrow ......................... 6 to 8 weeks
Nasal Septum ................... 8 weeks to a year
Nasal Bridge .................... 8 to 10 weeks
Tongue ........................... 4 weeks
Lip .................................. 1 to 3 months
Nipple ............................ 2 to 8 weeks
Naval ............................. 6 months to a year
Female Genital .................. 2 to 4 months
Male Genital ................... 2 to 6 months

What Is Normal
• Initially: some bleeding, localized swelling, tenderness, or bruising.
• During healing: some discoloration, itching, secretion of a whitish-yellow fluid (not pus) that will form some crust on the jewellery. The tissue may tighten around the jewellery as it heals.
• A piercing may seem healed before healing is complete. This is because piercings heal from the outside in and although it feels healed the tissue remains fragile on the inside. BE PATIENT, and keep cleaning throughout the entire healing period.

What to Avoid
• Avoid undue trauma such as friction from clothing, excessive motion of the area, playing with the jewellery and vigorous cleaning. These activities can cause the formation of scar tissue, migration, prolonged healing, and other complications.
• Avoid the use of alcohol, hydrogen peroxide, Betadine, Hibiclens or ointment.
• Avoid all contact with others’ bodily fluids on or near your piercing during healing.
• Avoid over cleaning. This can delay your healing and irritate your piercing.
• Avoid submerging the piercing in water such as lakes, pools, and hot tubs during the healing process.
• Avoid all beauty and personal care products on or around the piercing including cosmetics, lotions, and sprays.

For Particular Areas
Nipple
• The support of a tight cotton shirt or sports bra may provide protection and feel comfortable, especially for sleeping.

Genital
• Comfort and hygiene are vital during healing.
• To increase comfort and decrease trauma, soak in warm saline solution or plain water to remove any crust prior to sexual activity while healing.
• Use barriers such as condoms, dental dams to avoid contact with a partner’s bodily fluids.
• Do not use your own saliva as a lubricant.
• After sex, an additional saline soak or clean water rinse is suggested.
• Prince Albert and Apadravya piercings can bleed freely for the first few days.

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Exchange Works
Needle Exchange Program

Our Goal
To reduce the spread of HIV/AIDS and other blood-borne illnesses, such as hepatitis B, and hepatitis C amongst intravenous drug and steroid injection users.

What You Need To Know
- Body piercing is safest when done by a trained professional piercer who is careful to prevent infection and illness.
- This advice is for people who choose not to go to a professional.

The Needle
- Always use a new needle every time you pierce. Never share your needles or borrow needles from anyone. Needles that go into your body must be new. Shared needles can spread HIV/AIDS, other blood-borne illnesses, such as hepatitis B and hepatitis C, and can cause infections.

Jewellery
- Make sure you always use sterile jewellery that is made with implant grade surgical steel or titanium.
- Never use gold or silver jewellery in new piercings, because impurities in the metal cause complications with the healing process.
- Surgical steel contains nickel. It is very rare but some people may be allergic to nickel and may need titanium jewellery.
- Signs of allergic reaction may be increased or long lasting swelling, skin rash, rejection or migration of the piercing leading to the piercing never fully healing.

Cleaning Your Piercing
WASH your hands thoroughly prior to cleaning, or touching on or near your piercing for any reason.
Use either one or both of the following methods for cleaning your piercing:
1. Use a package of sterile saline solution with no additives or dissolve 1/8 to 1/4 teaspoon of non-iodized sea salt with 1 cup of warm water. Firmly press and hold the cup of solution to the area for 10 minutes, two to three times a day.
2. Clean with a liquid anti-microbial or germicidal soap no more than once or twice a day. While showering, lather up a pearl size drop of the soap to clean the jewellery and the piercing. Leave the cleanser on the piercing no more than thirty seconds, then rinse thoroughly to remove all traces of the soap from the piercing.

Infections
- Caused by contact with unclean hands, clothing and by piercings not done in a sterile manner etc. Symptoms include discharge of yellow green pus, pain, excessive redness or swelling, red streaks extending from the area, fever or chills, and it will feel hot to the touch. Infected piercings may often bleed.
- DO NOT REMOVE JEWELLERY. The opening of the piercing will close preventing the pus from draining and trapping the infection under your skin. This can result in an abscess and further complications.
- Continue cleaning as previously directed and if symptoms of infections persist contact a healthcare professional.

Services include:
- Needle exchange
- Alcohol swabs & sterile water
- Cookers, tourniquets, filters
- Safer crack use kits
- Steroid injection equipment
- Condoms & lube
- Hepatitis A & B vaccinations
- HIV testing
- STD testing
- Information on safer injection
- HIV/AIDS & Hepatitis education
- Counselling & treatment referrals

Mobile Outreach Services
Hours: Tuesday – Thursday
6:00 p.m. – 10:00 p.m.
Friday 3:00 p.m. – 7:00 p.m.
Call: 905-330-3305
In North Halton call: 905-702-4200