

# HOW YOU CAN PREPARE FOR YOUR PIERCING

*by Rose Andlauer*

1. Think about the piercing, plan where you want it, how will it look, be sure it's what you want, all piercings aren't for every body.
2. Visit the shop in advance so you'll be familiar with the surroundings, reducing anxiety the day of your appointment.
3. If you like, invite a friend to share the experience with you.
4. You may want to bring your favorite CD or cassette to listen to during your piercing.
5. Talk to your piercer in advance if you have questions or concerns.
6. Some people start taking Echinacea (an herbal supplement that strengthens the immune system) a week before the piercing is done.
7. Come to your appointment wearing clean, comfortable loose fitting clothing.
8. Get a good nights sleep the night before.
9. Don't drink much coffee, tea, or soda containing caffeine the day of your piercing, it not only can cause bleeding it also increases nervousness as well.
10. Eat a well balanced meal about 1-2 hours before your appointment.
11. **DO NOT** take drugs or **ALCOHOL** before your appointment or **WE WILL NOT** perform your piercing!
12. Don't let yourself become too nervous or panic stricken. A little anxiety is normal but don't talk/think yourself into a panic attack.
13. If you are planning an oral piercing you may want to shop in advance for an over the counter non-aspirin pain reliever, a new toothbrush for after your piercing and a variety of soft, bland foods to last a few days.
14. **BRING YOUR VALID PICTURE ID WITH YOU!** You will not be pierced without it! If you are under 18 you **MUST** bring your parent or legal guardian with you to sign the consent form. Your parent **MUST** have their valid picture ID with them.  
**NO ID...NO PIERCING...NO EXCEPTIONS...NO KIDDING**