



# Piercing Aftercare

## *Taking Care of Your Piercing*

A body piercing is essentially an open wound and needs to be treated as such. Following the care outlined will help to insure timely and proper healing.

Infection, delayed healing and prolonged irritation most often occur as a result of poor aftercare. Following these instructions will greatly reduce any complications during the healing process.

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### *Steps*

1. Spray saline solution onto Q-tips.
2. Clean both sides of the piercing with the Q-Tips, removing built up crust and blood.
3. Dry your piercing after cleaning.

**\*\*DON'T TOUCH IT UNLESS YOU ARE CLEANING\*\***

For the **first six weeks** after piercing, we recommend **cleaning your piercing twice a day** at least.

Always wash your hands before cleaning your piercing.

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Don't touch your piercing unless you're cleaning it. Leaving it alone will ensure that bacteria and germs from your hands, phone, and other surfaces stay away from your piercing.

Even with excellent aftercare, there will be some swelling and redness at the piercing site for a few days. The amount of time the redness lasts varies from person to person. The piercing **will be sore for a few days. (This is normal).**

You may notice some light bleeding for the first few days, and may notice some clear discharge as your piercing heals. This is normal.

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### *Things to Look Out For*

1. Prolonged pain and itching, feeling hot to the touch.
2. Redness or swelling that extends past the piercing site .
3. Discharge that is noticeably thicker and yellow in color.
4. Fever or feeling unwell.

## *Your Jewelry*

20g	1/4	L-Stud
18g	5/16	Labret
16g	3/8	Curved Barbell
14g	7/16	Straight Barbell
12g	1/2	Horshoe

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## *Products We Recommend*

- Sterile Saline Piercing Spray
- Mixture of salt and distilled water.

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## *Products To Avoid*

- **Alcohol**
- **Hydrogen Peroxide**
- **Tea Tree Oil**
- **Witch Hazel**

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## *Things To Know*

1. If you donate blood, you need to wait 1 month after getting pierced to donate again.
2. Bactine spray can be very helpful with irritated piercings.
3. Make sure to keep your piercing site clean and DRY. Moisture is a breeding ground for bacteria.

## *Body Piercings*

- Avoid submerging piercings for the first 6-8 weeks (ex. hot tubs, lakes, etc.) They harbor large amounts of bacteria and can cause issues in fresh and healing piercings.
- DO NOT change your jewelry before the healing time recommended by your piercer.
- Be mindful of snagging your healing piercing on clothing items.

## *Oral Piercings*

- Avoid playing with your jewelry!
- Avoid excessive talking, kissing, smoking and alcoholic drinks.
- Don't use alcohol - based mouthwash for the first month of the healing process
- Buy a new toothbrush! (They harbor lots of bacteria).
- Brush twice a day (don't forget your tongue!)
- Rinse your mouth after each time you eat.
- Once healed, brush your jewelry to avoid plaque and bacteria build up.
- Once swelling has gone down it's important to size down your jewelry to a more fitted size

\*\*\*We are a regulated and licensed studio. We use operating room quality disinfectant, sterilized utensils, new needles and jewelry.\*\*\*