



Piercing Aftercare

WASH: your hands thoroughly prior to cleaning or touching your piercing for any reason.

SPRAY: with sterile saline wound wash while healing. Moving or rotating jewelry is not necessary during cleaning/rinsing and may actually irritate the piercing.

DRY: with clean, disposable products like gauze or cotton swabs, ***gently*** removing any crusty debris or build up. Cloth towels should be avoided as they can harbor bacteria and snag on jewelry.

Leave jewelry in at all times. If removed, reinsertion can be difficult or impossible. Contact your piercer for a non-metallic jewelry alternative if your metal jewelry must be temporarily removed (such as for a medical procedure).

With clean hands or paper products, be sure to regularly check threaded or threadless ends on your jewelry for tightness.

Should you decide you no longer want the piercing, simply remove the jewelry (or have a professional piercer remove it for you) and continue cleaning the piercing until the hole closes.

Body piercings create a permanent change to the body. While most scarring is minimal, piercings will leave scars in their absence. In the event an infection is suspected, discuss with your physician if you should leave jewelry in place.

EAR/CARTILAGE AND FACIAL: Clean bedding and pillow cases are super important. You can use the t-shirt trick: slip your pillow in a large, clean t-shirt. You can get up to four clean surfaces for sleeping by rotating the pillow and turning the

t-shirt inside out. Surfaces like phones, headphones, eyeglasses etc. can be cleaned with an appropriate disinfectant. Items like hats, scarves, headbands etc. should be washed regularly. Use caution when styling your hair and advise your stylist of a new or healing piercing. Sleeping directly on healing cartilage piercing can cause irritation, even causing shifts in the piercing's angle. Placing a travel pillow on top of your pillow, and then placing your ear in the opening can be helpful to avoid this. Please avoid going to bed with wet hair. Doing so, soaks your pillowcase, allowing bacteria to travel to the healing area causing a major set back in your healing time.

Navel: You can protect your piercing from excess irritation, like physical trauma from activities like sports, or tight clothing, with a hard, vented eye patch (sold at pharmacies). To avoid irritation from adhesive/ medical tape, you can secure it over your piercing using tights/stockings. Or using a length of elastic/ace-type bandage around your body.

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

What to avoid: Avoid cleaning with alcohol, hydrogen peroxide, iodine, Bactine, pierced ear care solutions, and other products containing Benzalkonium Chloride (BZK). These can be irritating and are not intended for long-term wound care.

Avoid over-cleaning. This can delay your healing time and irritate your piercing by drying it out.

Avoid undue trauma such as friction from clothing, excessive motion of the area, playing with the jewelry, and vigorous cleaning. These activities can cause the formation of unsightly and uncomfortable scar tissue, migration, prolonged healing, and other complications.

Avoid all oral contact, rough play, and contact with others' bodily fluids on or near your piercing during healing.

Avoid submerging the piercing in bodies of water such as lakes, pools, oceans, hot tubs, etc.

Avoid all beauty and personal care products on or around the piercing including cosmetics, lotions, and sprays.

