

## Basic Piercing Aftercare

It is important that your new piercing:

- be cleaned 2-3 times a day during the first crucial first one to six weeks.
  - be appropriately cleaned with the suggested cleaner. Different piercings requires different cleansers.
  - be free from any discharge before attempting to remove the jewelry.
- a. Wash hands with soap and water and dry with paper towels.
  - b. Soak area with sterile saline solution or bactine 2-3 times a daily. May saturate a sterile gauze.
  - c. Dry piercing with sterile gauze. No cloth towels!
  - d. Shower and soap and rinse daily!
  - e. During healing, one may experience some bleeding, swelling, tenderness, bruising, discoloration, itching and a secretion of whitish-yellow fluid that will form crust around jewelry as it heals.
  - f. A piercing heals from the outside inward and may appear healed before it is. Be patient!
  - g. Maintain clean, comfortable bedding and clothing.

Avoid the following:

- undue trauma or playing with piercing.
- using alcohol, hydrogen peroxide, Betadine or ointments.
- over-cleansing
- oral contact, rough play, contact with other people's body fluids.
- stress, drug use, excessive caffeine, nicotine and alcohol. (good luck)
- submerging in water such as lakes, pool, hot tubs, marine water, etc.
- all beauty and personal care products such as cosmetics, lotions, sprays, etc. on or around piercing.
- do not pick crusty matter at piercing site
- this crusting should come off during your routine cleansing process.

If you suspect in any way your piercing may be infected, seek medical attention immediately!

Estimated healing periods for Body Piercings:

Ear lobe            6-8 weeks

Ear cartilage      4 months to 1 year

Eyebrow	6-8 weeks
Lip	2-3 months
Navel	4 months to 1 year
Nipple	4-6 months
Nostril	2-4 months
Tongue	4 weeks