

Minimal Aftercare Instructions for Piercing

Wash hands before doing anything to your piercing.

Cleaning Instructions for Body Piercings



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.

Cleaning Solutions

Mixing your own sea salt solution is **not suggested**. Mixing your own sea salt solution will commonly result in the product being far too salty and strong, this can over dry the piercing and interfere with healing.

We strongly encourage you to use a sterile saline, labeled for use as a wound wash. Your saline ingredients should list .09% sodium chloride as the only ingredient (sometimes purified water will be listed). Additives like moisturizers and antibacterials should be avoided, as well as similar sounding products like contact lens saline, nasal spray or eye drops.

Approximate Healing Times:

Lip/Labret: Two to six months.

Nostril or eyebrow: Three to 12 months.

Earlobe: Four to six weeks.

Ear cartilage: Three to 12 months.

Tongue: One to two months.

Genital: Varies from one to 12 months.

Other piercings: Up to six months.

What To Do

- Wash your hands prior to touching the piercing; leave the piercing alone except when cleaning. During healing, do not twist, spin or rotate your jewelry.
- Exercise and sweating during healing is fine. Avoid activities that could jostle or aggravate the piercing. Keep the piercing protected from bacteria present on gym equipment or exercise mats.
- Make sure your bedding is washed and changed regularly. Wear clean, comfortable, breathable clothing that protects your piercing while you are sleeping.
- Showers tend to be safer than taking baths, as bathtubs can harbor bacteria. If you bathe in a tub, clean it well before each use and rinse off your piercing when you get out.

What is Normal?

- **Initially:** Some bleeding, localized swelling, tenderness and/or bruising.
- **During healing:** Some discoloration, itching and secretion of a whitish-yellow fluid that will form some crust on the jewelry. The tissue may tighten around the jewelry as it heals.
A piercing might seem healed before the healing process is complete. This is because this type of wound heals from the outside to the inside. Although it may feel fine on the outside, the interior could still be fragile. Be patient, and keep cleaning throughout the entire initial healing period.
- **Once healed:** The jewelry may not move freely in the piercing; do not force it. Cleaning your piercings as part of your normal hygiene routine can help them stay clean and avoid having normal, possibly smelly, secretions accumulate.
- **Tip:** Piercings, even healed ones, can shrink or close in minutes, even after having been there for years. This varies from person to person. If you like your piercing, keep jewelry in; do not leave the hole empty.

What to Avoid

- Avoid cleaning with alcohol, hydrogen peroxide, antibacterial soaps, iodine, or any harsh products, as these can damage cells. Also avoid ointments as they prevent necessary air circulation.
- Avoid 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 and irritate your piercing.
- Avoid undue trauma such as friction and pressure 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.
- Avoiding things like excessive stress, drug use, excessive caffeine, nicotine and alcohol are suggested as they can prolong the healing process.
- Avoid submerging the piercing in bodies of water such as lakes, pools, oceans, hot tubs, etc., or protect your piercing using a waterproof transparent film dressing. These are available at most pharmacies and are ideal for nipple, navel and surface piercing placements.
- Avoid all beauty and personal care products on or around the piercing including cosmetics, lotions and sprays, etc.
- Don't hang charms or any object from your jewelry until the piercing is fully healed.

