

## DISCLAIMER

These guidelines are based on a combination of vast professional experience, common sense, research, and extensive clinical practice. This is not to be considered a substitute for medical advice from a doctor. If you suspect an infection, seek medical attention. Keep in mind that the removal of jewelry can lead to further complications. Be aware that many doctors have not received specific training regarding piercing. Your piercer may be able to refer you to a piercing friendly medical professional.

## NOTES

- Retainers are available in glass to help hide piercings but KEEP THEM OPEN for x-rays/MRIs and job interviews!
- You can often change the look of your piercing before it's completely healed, so if you get bored let us know and we can change ends out for you while you're healing!
- Be sure to downsize your jewelry after the initial swelling fades. shorter posts are available in the studio for purchase!

## YOUR PIERCER TODAY

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IF YOU HAVE ANY  
QUESTIONS, COMMENTS,  
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SO WE CAN HELP YOU!

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#SAFEPIERCING

## BODY PIERCING AFTERCARE



# GOOD LIFE

BODY PIERCING + FINE JEWELRY

PROUD MEMBER



ASSOCIATION OF PROFESSIONAL PIERCERS  
VERIFY AT SAFEPIERCING.ORG

## HOW WE HEAL

When you heal a piercing your body grows a tunnel of skin, called a fistula, around the jewelry in the piercing. This process happens slowly over a number of months. Everyone heals differently as your overall health, grooming habits, and lifestyle can affect the healing process. Staying diligent about caring for and protecting your piercing during the entire healing process is key to ensure you get to the end point of being fully healed. Below are listed general rules and tips to help you let your body heal your new piercing!

### • YOU CAN EXPECT THE FOLLOWING AS A NORMAL PART OF HEALING A NEW PIERCING:

- Slight redness and swelling
- Tenderness
- Light bleeding/presence of scabs or dried blood **\*(NEVER PICK OFF!)\***
- White/yellow discharge that dries into a crust **\*(NEVER PICK OFF!)\***

• ALL OF THIS SHOULD EASE IN, THEN FADE AWAY AFTER THE FIRST 2-4 WEEKS •

## DO

• TAKE CARE OF YOUR PIERCING CONSISTENTLY THROUGH THE ENTIRE HEALING PROCESS

• CONTACT US WITH ANY QUESTIONS, COMMENTS, OR CONCERNS

• LEAVE YOUR JEWELRY IN AT ALL TIMES (Even healed piercings can close very quickly!)

• DOWNSIZE YOUR JEWELRY AFTER INITIAL SWELLING FADES ~ 6-12 WEEKS

## DON'T

### • DO NOT TOUCH YOUR PIERCING!

- You can not touch, twist, pick at, spin, rotate, play with or change the jewelry while healing
  - This damages the fistula! (*the tunnel of skin you're trying to grow!*)
  - Be sure not to let other things move or irritate the piercing
  - Do not snag: use caution when changing clothes/brushing hair
    - Keep towels/loofahs/washcloths off your piercing
  - Do not change jewelry or take it out while healing

• DO NOT SLEEP ON YOUR PIERCING

### • AVOID BACTERIA!

#### EXPOSURE TO DIRTY ITEMS AND ENVIRONMENTS CAN LEAD TO INFECTION

- Clothing, hats, headbands and pillowcases, etc should always be kept clean/off your piercing
  - Avoid contact with other peoples' bodily fluids/pet dander/etc.
  - No swimming or submerging in a bath

### • AVOID CHEMICALS!

#### NO SOAPS, COSMETICS, OR ANTISEPTICS!

- Chemicals are harsh and inappropriate as they inhibit healing
- Never clean your piercing with alcohol, peroxide, bactine, dial soap, anti-bacterial soap, neosporin, A+D ointment, ear-care solution, etc
  - Keep all make-up/cosmetics/soaps/lotions etc. well away from your piercing
- DO NOT USE Q-TIPS/COTTON SWABS (the fibers can get into the piercing/they're dirty)

## AFTERCARE ROUTINES

### IRRIGATION/SHOWERING

#### IRRIGATE YOUR PIERCING FOR 3 MINUTES DAILY

- DURING YOUR SHOWER DO NOT DELIBERATELY APPLY SOAP TO THE PIERCING
- LET WARM WATER RUN OVER THE PIERCING FROM EVERY ANGLE (FRONT/BACK/SIDES)
  - LET PIERCING AIR DRY

#### TIPS:

- IF YOU DON'T SHOWER DAILY NOW, YOU SHOULD ALTER YOUR GROOMING ROUTINE
- IF THIS IS NOT FEASIBLE, IRRIGATE THE PIERCING SIMILARLY UNDER A RUNNING SINK FAUCET DAILY
- PROPER IRRIGATION WILL HELP KEEP THE PIERCING CLEAR OF CRUSTIES/DISCHARGE WHICH ARE A NORMAL PARTY OF THE EARLY HEALING PHASES

### STERILE SALINE SPRAY

#### NEIL-MED STERILE SALINE WOUND WASH HOW TO:

- SPRAY DIRECTLY ONTO YOUR PIERCING (front & back or both sides!)
  - LET DRY

3 TIMES PER DAY

#### TIPS:

- BE SURE TO SATURATE BOTH SIDES
- ALWAYS SPRAY DIRECTLY ON DO NOT USE COTTON SWABS/Q-TIPS!

## HAPPY HEALING!

