

# PIERCING AFTERCARE

## Guidelines for Piercings until Fully Healed ~6-12weeks

Only touch with clean hands, and only for cleaning purposes

Don't submerge in any body of water -NO bath, pool, lake, ocean

Don't remove, change, or stop cleaning

Don't lay/sleep on or apply pressure

**1x/day** : Use a mild soap (Dove, Ivory, Dr. Bronner's - Don't use antibacterial or scented). Gently wash with lathered fingertips, rinse thoroughly with *warm* water. If showering, do this last. Pat dry with a clean paper towel.

**2-3x/day** : Use Sterile Wound Care/Wash Saline Spray (NeilMed here or can buy in any first aid aisle - Don't mix your own or use more than 3x/day). Spray small amount on all piercing surfaces, let it sit/soak for 30sec-1min to soften any crusty matter. Use Clean Cotton Swabs to gently wipe away any foreign material from entry and exit points. Spray again and gently move jewelry back and forth until slippery to ensure the saline enters the piercing canal. Pat dry with clean paper towel/swab or air dry. DO NOT leave the piercing site wet.

## \*ORAL\* PIERCING AFTERCARE

### Guidelines for Piercings until Fully Healed ~4-8weeks

Only touch with clean hands, and only for cleaning purposes

Don't submerge in any body of water -NO bath, pool, lake, ocean

Don't remove, change, or stop cleaning

Don't lay/sleep on or apply pressure

Don't chew on or play with jewelry

Don't consume anything overly spicy, salty, sour, pulpy, or dairy with live cultures

Don't use straws or anything else that causes suction

**Always** rinse your mouth with water after eating/drinking/smoking

**2-3x/day** : Use a saline based mouthwash (such as Biotene) and rinse for 30 seconds to a minute, careful to make sure you are swishing around your piercing thoroughly.

Also, start using a new toothbrush (or change the head on your electric brush). When you are brushing, be sure to gently brush your jewelry.

## Call, Come in, or Email us with any questions!