

Piercing Aftercare

- Do not touch your piercing while it is healing. If you must, wash your hands thoroughly before you do.
- Avoid twisting or rotating your jewelry while it is healing.
- Wait 2 weeks minimum to downsize jewelry and 6 weeks minimum to change
- (certain piercings will have a longer healing time)

Cleaning

- Use [H2Ocean Piercing Aftercare Spray](#) 2-3 times daily for the first 2-3 weeks. Either spray directly on the piercing or gently clean with a soaked cotton swab.
- Clean once daily with an anti-bacterial soap and rinse thoroughly.
- With all oral piercings use a salt water rinse or an alcohol-free mouthwash anytime you eat or smoke for the first 2 weeks.

What to Expect

- Light bleeding, bruising, or swelling in the first 72 hours is completely normal.
- Your piercing will discharge fluids during healing. This is completely normal, but if there is a build-up or becomes crusty, clean with [H2Ocean Piercing Aftercare Spray](#) to remove it. **DO NOT PICK AT IT!**
- The jewelry may be tight in the piercing early on. This will loosen up as it heals. Do not try to rotate it.

What to Avoid

- Do not use alcohol, peroxide, Bactine, Neosporin, bacitracin, tea tree oil, or other harsh chemicals during the first few weeks.
- With oral piercings do not drink beer for the first 48 hours to avoid a build-up of yeast around the piercing site.
- Avoid submerging your piercing. Keep it out of baths, pools, hot tubs, oceans, etc. during healing. It is an open wound, treat it as such.
- Be careful not to snag or catch your piercing.
- Be aware of it when using towels or putting on or taking off clothing, seatbelts, etc.
- Avoid sleeping on or putting heavy pressure on your fresh piercing.

Downsizing

- Your piercing was performed with slightly longer jewelry (when necessary) to allow swelling to occur.
- It is important that you downsize your jewelry at the appropriate time to allow for a more comfortable healing process and to prevent unnecessary irritation from long jewelry.

Please contact us right away if you have any questions or concerns so that we can direct you on the proper next steps.