

Cleaning Your New Piercing

- Wash your hands thoroughly prior to cleaning or touching your piercing for any reason.
- Wash your piercing 2-3 times daily, preferably after a shower.
- Apply a mild soap or sterile saline solution to a Q-Tip and gently clean any debris on the piercing site and jewelry.
- Rinse with water and pat dry with a clean paper towel.
- **Do not** clean or dry your new piercings with a cloth or towel!
- During healing, **do not** twist, spin, or rotate your jewelry. This can cause irritation and infection.

What To Expect

- Initially: some bleeding, localized swelling, tenderness, or bruising.
- During healing: some discoloration, itching, 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 may seem healed before the healing process is actually complete. This is because the wound will heal from the outside to the inside.

Although it may feel fine on the outside, the interior could still be fragile. Be patient, and keep the piercing clean throughout the entire 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 tightness.

What To Avoid

- Avoid 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 products containing Benzalkonium Chloride (BZK). This is irritating and is 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 from clothing, playing with the jewelry, and over-cleaning. This can cause unsightly and uncomfortable scar tissue, migration, and prolonged healing.

- Avoid all oral contact, rough play, and contact with others' bodily fluids near your piercing during healing.
- Avoiding things like excessive drug use, caffeine, nicotine and alcohol.
- Avoid submerging the piercing in bodies of water such as lakes, pools, oceans, and hot tubs.
- Avoid all beauty and personal care products on or around the piercing including cosmetics, lotions, and sprays, etc.

Oral Piercing Care

INTERNAL:

- Wash your hands thoroughly prior to cleaning or touching your piercing for any reason.
- Keeping good oral hygiene practices is important in maintaining a healthy mouth and piercing. Brush, floss, and use mouth rinse at least twice a day.
- It is vital to not overuse the mouth rinse.
- Gently clean the jewelry with a clean Q-Tip regularly to avoid buildup.
- Rinse with mouthwash thoroughly - after every time you eat, drink, or smoke.

EXTERNAL:

- Rinse your piercing thoroughly with warm water in the shower once a day. Then rinse with saline twice a day.
- Gently remove any discharge or crust that may have built up on your jewelry, then dry the area carefully with a Q-Tip.

Cleaning Solutions

- Sterile saline wound wash.

Your saline ingredients should list .09% sodium chloride as the only ingredient.

- A mild, gentle, scent-free soap.

If you use soap on your piercing, be sure to rinse away any soap residue afterwards.

Cleaning Solutions for Oral Piercings

- Alcohol-free mouthwash
- Sterile saline solution
- Lots of clean drinking water!