




# BODY PIERCING




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## CLEANING SOLUTIONS

Use one or both of the following solutions for healing piercings:

Packaged sterile saline (with no additives, read the label): is a gentle choice for piercing aftercare. This can be purchased at any Pharmacy- just be sure to ask for “Wound wash Saline”. Sometimes they will try to give you Nasal Spray or contact solution saline- although they work for some people, we do **NOT** recommend either of them

We’re healing a wound here, not moisturizing our nasal passageways. 🤔

Salt solution: is a safe alternative. Dissolve 1/4 teaspoon (1.42 grams) of non-iodized (iodine-free) sea salt or Himalayan pink salt into one cup (8 oz / 250 ml) of warm distilled or bottled water. A stronger mixture is not better; a saline solution that is too strong can irritate the piercing- and no one likes an irritated piercing!

## INSTRUCTIONS

- **WASH** your hands thoroughly before cleaning/touching your piercing for any reason.
- **SALINE** soak for five minutes 1-2 times per day. Using a shot glass filled with warm saline solution, submerge the piercing. For certain piercings it may be easier to use clean gauze or Q-Tips saturated with saline solution.
- If you choose to use soap, gently lather around the piercing and rinse. Choose gentle soaps that do not have dyes, fragrances, or triclosan.
- **RINSE** thoroughly to remove ALL of the soap from the piercing. You do not need to twist or push your jewelry.
- **DRY** by gently patting with clean, disposable paper products.

Cloth towels can harbor bacteria and snag on jewelry!



## WHAT IS NORMAL?

- Initially... bleeding, localized swelling, tenderness, and/or bruising (sometimes a lot). This can last or occur randomly for the first few weeks.

Inconvenient yes, but we did just stab you. It'll look amazing soon.



- During healing: discoloration, itching, secretion of a whitish-yellow fluid (this is not pus) that will form some crust on the jewelry. **DO NOT** pick this off. In doing so, you are re-opening and traumatizing the wound; severely affecting healing. You **DO** need to clean this **ALL** off every day. If it is left there- it can cause infection. Soak it thoroughly, and gently wipe it away.

- Once healed: your jewelry may not move freely in the piercing; do not force it. If you do not include cleaning your piercing as part of your daily routine, normal but smelly bodily secretions

may accumulate- which never leads to anything good.



- A piercing may feel healed before it actually is. This is because tissue heals from the outside in, and although it feels fine, the interior remains delicate. Be patient and keep cleaning throughout the entire healing period.

- Even healed piercings can shrink or close in minutes after having been there for years! This varies from person to person; if you like your piercing, keep jewelry in—do not leave it empty.

## WHAT TO AVOID

- Avoid cleaning with Betadine®, Hibiciens®, isopropyl alcohol, hydrogen peroxide, Dial® or other soaps containing triclosan. Also avoid ointments as they prevent necessary air circulation. That hole needs to breathe!

- 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 from clothing, playing with the jewelry, and vigorous cleaning. These activities can cause 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.

You know exactly what we're talking about.



- Avoid stress and recreational drug use, including excessive caffeine, nicotine, and alcohol.

- Avoid submerging the piercing in lakes, pools, hot tubs, etc. Or, protect your piercing using a

waterproof wound-sealant bandage (such as 3M™ Nexcare™ Clean Seals). These are available at most Pharmacies.

- 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!

## HINTS AND TIPS - Jewelry

- Wash your hands before touching the piercing. During healing, you do not need to move your jewelry- leave it be (aside from cleaning it).
- Be healthy, as the healthier your lifestyle, the easier it is for your immune system to heal your piercing! Get enough sleep, drink water, and eat a nutritiously. We all should anyways, but this is a little more motivation! Exercise during healing is ok, just listen to your body.
- Showers tend to be safer than taking baths, as bathtubs can harbor bacteria.
- See a qualified piercer to perform any jewelry change that becomes necessary during healing. • Contact us if your jewelry must be removed (such as for a medical procedure). There are non-metallic jewelry alternatives available that are safe for surgeries, MRI's, CT scan, etc.!
- Leave jewelry in at all times. Even old or well-healed piercing can shrink or close in minutes even after having been there for years. If removed, re-insertion can be difficult or impossible.
- With clean hands be sure to regularly check threaded ends on your jewelry for tightness. ("Righty-tighty, lefty-loosey.")
- If you decide you no longer want the piercing, simply take out the jewelry (or have a professional piercer remove it) and continue cleaning the piercing until the hole closes. In most cases only a small mark will remain. Goodbye!
- Avoid letting pets sleep in your bed during healing- pet dander and dirt can cause serious infections! Off to the couch for you Baxter (for now cause lets be real).



- In the event an infection is suspected, quality jewelry or an inert alternative should be **left in place** to allow for drainage of the infection. If the jewelry is removed, the surface cells can close up, which can seal the infection inside the piercing channel and result in an abscess, making it more difficult to rid the infection. **Do not remove jewelry** unless instructed to by a medical professional.

**\*\*\*DISCLAIMER\*\*\***

The steps and procedures in this Aftercare Advice segment are based on industry standard and years of professional experience gathered by numerous professionals trained in the field of Professional Body Piercing, and adhere to the standards and advice of the APP (Association of Professional Piercers; [www.safepiercing.org](http://www.safepiercing.org)). They should not be used however in contradiction to the instruction of a trained medical professional such as your Doctor and should not be used in place of professional medical advice.