Suggested Aftercare Guidelines for Body Piercings

Cleaning Solutions

Use only the following solution for healing piercings:

- Packaged sterile saline solution (commonly labeled as sterile saline wound wash) with no additives (read the label). It should only have two ingredients: purified (or USP grade) water and sterile (or USP grade) sodium chloride. Some common brands are NeilMed or TopCare.

A higher price does not mean a better product; look for one that most closely matches what is described above.

CLEANING INSTRUCTIONS FOR BODY PIERCINGS

- WASH your hands thoroughly prior to cleaning or touching your piercing for any reason.
- SALINE, apply using clean gauze or q-tips saturated with saline solution three times per day. A brief rinse afterward will remove any residue.
- NOTE while showering, try to avoid getting soaps and other cleaners on your healing piercing. This seems impossible, and it nearly is! So if, and when, something gets on your piercing, don’t worry. Rinse it off. Try not to leave other cleaners on the piercing for any longer than necessary. Rinse well!
- RINSE thoroughly to remove all traces of the soap from the piercing. It is not necessary to rotate the jewelry through the piercing.
- DRY by gently patting with clean, disposable paper products. Cloth towels can harbor bacteria and snag on jewelry, causing injury.

WHAT IS NORMAL?

- Initially: some bleeding, localized swelling, tenderness, or bruising.
- During healing: some discoloration, itching, secretion of a whitish-yellow fluid (not pus) that will form some crust on the jewelry. The tissue may tighten around the jewelry as it heals.
- Once healed: the jewelry may not move freely in the piercing; do not force it. If you fail to include cleaning your piercing as part of your daily hygiene routine, normal but smelly bodily secretions may accumulate.
- A piercing may seem healed before the healing process is complete. This is because tissue heals from the outside in, and although it feels fine, the interior remains fragile. 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®, Hibicin®, alcohol, hydrogen peroxide, body washes, Dial® or other harsh soaps, as these can damage cells. Also avoid ointments as they prevent necessary air circulation.
- 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, excessive motion of the area, playing with the jewelry, and vigorous cleaning. These activities can cause the formation of 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.
- Avoid stress and recreational drug use, including excessive caffeine, nicotine, and alcohol.
- Avoid submerging the piercing in unhygienic bodies of water such as 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 drugstores.
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- Don't hang charms or any object from your jewelry until the piercing is fully healed.

HINTS AND TIPS

JEWELRY:
- Unless there is a problem with the size, style, or material of the initial jewelry, leave it in place for the entire healing period. See a qualified piercer to perform any jewelry change that becomes necessary during healing.
- Contact your piercer if your jewelry must be removed (such as for a medical procedure). There are non-metallic jewelry alternatives available.
- 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 or paper product, be sure to regularly check threaded ends on your jewelry for tightness. ("Righty-tighty, lefty-loosey.")
- Carry a clean spare ball in case of loss or breakage.
- Should you decide you no longer want the piercing, simply remove 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.
- In the event an infection is suspected, quality jewelry or an inert alternative should be left in place to allow for drainage or 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. Do not remove jewelry unless instructed to by a medical professional.

FOR PARTICULAR AREAS

NAVEL:
- A hard, vented eye patch (sold at pharmacies) can be applied under tight clothing (such as nylon stockings) or secured using a length of Ace® bandage around the body (to avoid irritation from adhesive). This can protect the area from restrictive clothing, excess irritation, and impact during physical activities such as contact sports.

EARS/EAR CARTILAGE AND FACIAL:
- Use the t-shirt trick: Dress your pillow in a large, clean t-shirt and turn it nightly; one clean t-shirt provides four clean surfaces for sleeping.
- Maintain cleanliness of telephones, headphones, eyeglasses, helmets, hats, and anything that contacts the pierced area.
- Use caution when styling your hair and advise your stylist of a new or healing piercing.

NIPPLES:
- The support of a tight cotton shirt or sports bra may provide protection and feel comfortable, especially for sleeping.

GENITAL:
- Urinate after using soap to clean any piercing that is near the urethra.
- Wash your hands before touching on (or near) a healing piercing.
- We recommend waiting 7-10 days, or until healed, before engaging in sexual activities in or around the area of the piercing. That being said, in most cases you can engage in sexual activity as soon as you feel ready, but maintaining hygiene and avoiding trauma are vital. All sexual activities should be gentle during the healing period.
- Use barriers such as condoms, dental dams, and waterproof bandages, etc. to avoid contact with your partners’ body fluids, even in monogamous relationships.
- Use clean, disposable barriers on sex toys.
- Use a new container of water-based lubricant; do not use saliva.
- After sex, an additional saline soak or clean water rinse is suggested. Each body is unique and healing times vary considerably. If you have any questions, please contact your piercer.