

# BASIC PIERCING AFTERCARE



## AFTER YOUR PIERCING

- DO NOT TOUCH PIERCING SITE OR JEWELRY
- DO NOT ROTATE JEWELRY
- WASH HANDS BEFORE CLEANING PIERCING
- STAY HYDRATED & STRESS FREE

**DO NOT  
REMOVE OR CHANGE  
JEWELRY  
WHILE HEALING**

## HEALING YOUR PIERCING

PIERCINGS CAN TAKE AN AVERAGE OF 3-9 MONTHS TO HEAL. EVERYBODY HEALS AT DIFFERENT RATES, AND CAN CHANGE PERSON TO PERSON. LET YOUR BODY GUIDE YOU, **DO NOT RUSH IT!**

DO NOT CHANGE JEWELRY WHILE PIERCING IS NEW OR HEALING.

WHEN SWELLING SUBSIDED OR PIERCING IS FULLY HEALED IT MAY BE NECESSARY TO SWITCH TO A SHORTER JEWELRY LENGTH

**DO NOT TOUCH PIERCING OR JEWELRY WITH DIRTY HANDS**

## CLEANING PROCEDURE FOR FACE AND BODY

**STEP 1:** WASH HANDS WITH ANTIBACTERIAL HAND SOAP & WARM WATER

**STEP 2:** DRY HANDS WITH A NEW CLEAN PAPER TOWEL

**STEP 3:** USE A COTTON SWAB, FOLDED GAUZE, OR CLEAN PAPER TOWEL TO SWAB THE AREA WITH WARM WATER, STERILE SALINE, OR A PRODUCT LIKE H2OCEAN, WETTING & GENTLY REMOVING ANY "CRUSTIES" FROM AROUND THE PIERCING.

**STEP 4:** RINSE WELL WITH WARM WATER

**STEP 5:** GENTLY PAT DRY WITH A NEW CLEAN PAPER TOWEL OR FOLDED GAUZE

**STEP 6:** DO NOT ROTATE YOUR JEWELRY AT ALL. *THE LESS CONTACT THE BETTER*

**REPEAT: 2 TO 3 TIMES A DAY OR MORE AS NEEDED**

*IF CLEANING YOU PIERCING IN THE SHOWER, CLEAN YOUR PIERCING LAST! TO WASH OFF ANY SHAMPOO, SOAP, ETC.*

**DO NOT USE CLOTH TOWEL, WASH CLOTH, OR LOOFAH TO WASH OR DRY A NEW PIERCING!**

### JUST SAY NO TO

POOLS, BATHS, HOT TUBS,  
CREEKS, RIVERS, OCEANS,  
DELTA, TRIBUTARIES,  
GREAT OR REGULAR LAKES,  
PONDS, OR SWAMPS

**WITH NEW PIERCINGS  
SHOWERS ARE OKAY!**

## CLEANING PROCEDURE FOR ORAL PIERCINGS

*ORAL PIERCINGS INCLUDE ANY LIP, CHEEK, OR TONGUE PIERCING, OR IF ANY PART OF THE PIERCING IS INSIDE YOUR MOUTH*

**STEP 1:** GET A NEW TOOTHBRUSH, BRUSH TEETH REGULARLY

*AVOID TOOTHPASTE WITH BAKING SODA &/OR PEROXIDE*

**STEP 2:** RINSE MOUTH WITH COLD CLEAN WATER & ICE CHIPS TO HELP WITH SWELLING THROUGH OUT THE DAY & AFTER EATING.

*RINSING WELL WILL REMOVE PARTICLES AROUND NEW PIERCING*

**STEP 3:** USE BIOTENE OR A SIMILAR MOUTHWASH THAT IS ALCOHOL & PEROXIDE FREE. TWICE A DAY IS PLENTY (MORNING/NIGHT) DO NOT OVER USE. NEVER USE ALCOHOL-BASED MOUTHWASHES

**STEP 4:** DO NOT BITE DOWN ON JEWELRY

**STEP 5:** ONCE SWELLING GOES DOWN, SWITCH TO SHORTER JEWELRY (1-3 WEEKS)

**REPEAT: RINSE AFTER EATING WITH WATER - MOUTHWASH TWICE A DAY - BRUSH AS RECOMMENDED**

### AVOID:

ORAL CONTACT (KISSING & SEXUAL CONTACT), ALCOHOL, SMOKING, VAPING, CHEWING TOBACCO, SPICY FOODS, ACIDIC FOODS, BITING NAILS, CHEWING PEN CAPS, CHEWING GUM, OR ANYTHING ELSE THAT MIGHT IRRITATE THE AREA OR INTRODUCE BACTERIA INTO THE PIERCING

## DO NOT USE

ALCOHOL VASELINE  
BACTINE DIAL SOAP /STRONG SOAPS  
BETADINE HIBICLENS  
IODINE PIERCED EAR SOLUTIONS  
NEOSPORIN BENZALKONIUM CHLORIDE  
BACITRACIN BENZETHONIUM CHLORIDE

## SAFE TO USE

NEILMED SALINE  
BIOTENE MOUTH WASH  
ALCOHOL-FREE MOUTH WASH  
CHAMOMILE TEA SOAK  
H2OCEAN

## SAFE JEWELRY MATERIALS

- IS NOT FULL OR COMPLETE -  
TITANIUM  
316 L STAINLESS STEEL  
IMPLANT GRADE STAINLESS STEEL  
SOLID 14K OR HIGHER GOLD  
PTFE  
LEAD FREE GLASS

CONSULT A PHYSICIAN IF ANY SIGNS OR SYMPTOMS OF INFECTION DEVELOP SUCH AS BUT NOT LIMITED TO: INFLAMMATION, SWELLING, REDNESS AT SITE, GREEN/ YELLOW DISCHARGE (FOUL SMELLING) AND/ OR FEVER. EACH BODY IS UNIQUE AND HEALING TIMES VARY. IF YOU HAVE QUESTIONS CONTACT US

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