



PIERCING AFTERCARE: Comprehensive Healing Guide

Your piercer has ensured the highest standard of cleanliness, using sterile needles, piercing instruments, and jewelry. Now, your vigilance in following the appropriate aftercare instructions is essential for proper healing.

I. Essential Aftercare Products

The following products are recommended to maintain your body's natural balance and promote quick healing:

- **Sterile Saline Solution:** Use sterile Wound Wash Saline, which is available in a pressurized can at grocery and drug stores.
 - **Do not** use antibiotic saline or contact cleaning solutions.
- **Application Tools:** Use gauze to assist with cleaning, especially for piercings that are difficult to reach on one side.

II. Daily Care Protocol Mandatory First Step

ALWAYS WASH YOUR HANDS BEFORE TOUCHING YOUR BODY PIERCING!

Saline Cleanse

- Gently soak and clean any accumulated lymph (often called “crusties”) from the exposed jewelry and surrounding skin.
- Saturate gauze with saline for cleaning.
- Cleanse both sides of your piercing.
- **Do not** turn the jewelry or work the saline inside the piercing.
- **Frequency:** Do this a few times a day, when activity might cause the jewelry to move (e.g., before exercise), and anytime the piercing feels “sticky” or uncomfortable, until completely healed.

Apply Dry Heat

- Prepare a clean dry heat source, such as a warm water bottle wrapped in sterile gauze or a clean paper towel.
- Place the heat source over or around the just-cleansed piercing.
- A gentle heat helps stimulate the natural healing process.
- **Frequency:** You can do this once or twice a day in addition to your cleansing routine.



Critical Warning

NEVER TWIST OR TURN JEWELRY IN A PIERCING: IT ONLY DOES HARM!!!!. What To Avoid

CHEMICALS WILL NOT HELP YOU HEAL FASTER: Chemicals of any kind will upset the balance inside your body and prevent or delay healing.

Do not use any product containing an active ingredient, including, but not limited to:

- H2Ocean®
- Satin®
- Provon®
- Rubbing Alcohol
- Hydrogen Peroxide
- Bactine®
- Ear Care Solutions (benzalkonium/benzethonium chloride)
- Antibacterial soaps (i.e., liquid Dial® or Softsoap®)
- Neosporin® (or other petroleum-based ointments)
- Betadine® (povidone iodine)
- Hibiclens®

IV. Specific Guidance

- **All Piercings:**
 - Do not play with new piercings, as physical irritation is the most common problem.
 - When clothing covers the piercing, choose clean, loose, breathable fabrics.
 - Do not remove or change your jewelry until healing is complete.
 - Avoid oral or sexual contact in the area of any fresh piercing.
- **Navels:**
 - Waistbands and belts that contact the jewelry are a frequent cause of healing problems.
 - Your clothing must ride below your navel.
 - Maintain good posture, especially when sitting, to reduce pressure irritation.
- **Swimming:**
 - Chemicals irritate healing piercings, so avoid hot tubs and pools until your piercing is healed.



- Lakes and oceans can contain high bacteria levels; stay out if the water is not known to be clean and safe.
- **Scar Tissue:**
 - Do not mistake irritation for scarring.
 - If you suspect you are developing scar tissue, contact your piercer immediately for identification and direction.

V. Healing Timeline

- **Duration:** Healing time for most piercings ranges from **2 to 4 months**.
- **Initial Soreness:** Expect new piercings to be sore for a few weeks. If soreness is not improving after this time, contact your piercer for evaluation and advice.
- **Long-Term Care:** After initial healing, continue to clean your piercing daily for as long as you have it.

VI. Contact Professionals Only

Do not accept advice regarding the care of your piercings from: your friends, parents, acquaintances, relatives, The Internet, Local Clergy, Dime Store Clerks, or Psychic Advisers.

If you need help, advice, or assistance with your piercing, contact the professionals at:

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