



Aftercare for Piercing

Keep your jewelry clean!

Wash the jewelry in your new piercing twice a day with a recommended cleanser.

Carefully follow these step-by-step instructions:

1. Wash your hands with your cleanser and hot water before cleaning your piercing.
2. Rinse the jewelry and the piercing to remove any dried discharge from your jewelry. This is done with hot water either in the shower or at the sink. You may also use a saline spray.
3. Apply a few drops of your cleanser to your jewelry near the piercing surface. Wash the surface well. You may move your jewelry through the piercing, but only if it moves freely. Do not force movement, this may damage the newly growing fistula of skin inside.
4. Be sure to rinse off any cleansers, saline, or salt solutions thoroughly with warm water.

*If you are washing in the shower, clean your piercing last to rinse away any soap or shampoo that could get into the piercing.

*If your piercing passes through the urethra, you can safeguard against urinary tract infections by drinking a glass of water before cleaning and urinating immediately after washing to flush out the soap.

For oral piercing

We recommend rinsing the inside of your mouth with an alcohol free anti-septic mouthwash after meals, upon waking, and before sleeping. (If only alcohol-based mouthwash is available, dilute it with 3 parts water.)

Smoking will prolong or even inhibit healing an oral piercing. No kissing or oral contact for 4-6 weeks. Avoid biting your fingernails or chewing on pens throughout your healing time

Freshen up between washings

You may use your saline rinse gently throughout the day if you are in particularly dirty or dusty environments.

If your piercing becomes irritated or painful, an additional warm mild saltwater soak can be done each day. Mix a mild saltwater solution by adding only a pinch or two of pure sea salt per 1 cup warm water. It is very important not to use excess salt. Keep your solution mild. Using a clean vessel, cup the solution against the piercing for a minute or two. Be sure to do a final rinse with fresh warm water.

Do not hesitate to contact us if you have any questions or concerns.

Aftercare Products

For all external piercing we recommend you wash your jewelry twice a day for the length of the healing time for your piercing. Mild liquid soap or a castile soap along with a saline rinse is strongly recommended.

- **Castile soaps** are available at your local health food store. Body Manipulations carries [Dr. Bronner's Baby Mild Castile Soap](#).

- **Saline Rinse** products should be in the form of a wound wash. No preservatives, no additives, nothing but saline. A fine mist tip is a convenient application to look for. Body Manipulations carries [Neil Med Piercing Aftercare Spray](#).

- **Sea salt** is available at any food store. 100% pure, non-iodized sea salt. No other ingredients on the label.

Always wash your hands before handling the new jewelry in your piercing. Do not touch your new jewelry or your piercing unless you are cleaning it. If your cleanser dries your skin, try diluting your cleanser with water.

Do Not Use

Table salt, Epsom salt, rubbing alcohol, hydrogen peroxide, Witch Hazel, Sea Breeze, gels, lotions, or any ointments.

Do not apply any lotions, creams, or ointments as this may create a moisture rich environment for bacteria to thrive and cause an infection.

Things That Help

Keep dirty fingers away from your new piercing. Use a clean paper towel to pat dry your washed piercing instead of a bath towel. Cotton towels can harbor bacteria.

Your overall health will affect your healing process. Be sure to eat a balanced diet, avoid stress and get enough sleep. Taking a supplement of zinc and/or grapefruit seed extract with a meal or in a multi-vitamin may promote healing.

Allow the piercing to breath and stay dry. Don't keep it covered or gooped up with ointments.

For genital piercings use condoms, gloves, and dental dams to protect piercing from contamination. Even if your partner is healthy, their bodily fluids can contain harmful bacteria.

Things That Can Harm

Do not take aspirin as a pain reliever during the first few days of healing as it can promote bleeding. Ibuprofen (Motrin, Advil) Naproxen Sodium (Aleve) or Acetaminophen are alternatives.

Avoid drinking alcohol for the first 7-10 days as it can promote bleeding and increased swelling.

The use of recreational drugs will slow down your healing process.

Avoid going in hot tubs, chlorinated pools, freshwater lakes, and rivers until the piercing is healed. Chlorine can irritate a new wound and fresh water can contain harmful bacteria. Restrict your exposure from gardening, water sports, and contact with animals throughout the healing time.