

Important

Leave healing piercings alone! The only time you should handle an unhealed piercing is when you are cleaning it!

Never Use

Alcohol / witch hazel (Purell or other hand sanitizers are also alcohol based and should be avoided), hydrogen peroxide, iodine (Betadine), Bactine, or Hibiclense as these products may damage healing tissue.

Also, stay away from petroleum jelly based antibiotic ointments (Neosporin, Bacatracin, or Triple antibiotic ointments.) These products clog the piercing and delay healing.

Avoid

- Handling healing piercings with unwashed hands.
- Any oral contact with healing piercings.
- Swimming rules: Ocean swimming is fine. Chlorine pools we recommend you stay out of for two weeks. After that, they are ok occasionally, if you are in every day or for long periods of time, the chlorine can get irritating. If you are going to be in a pool during the first two weeks, or if you are going to be in the pool a lot, water-proof bandages are available at most pharmacies.
- Tanning can cause problems with healing piercings. If you must tan, keep oils and lotions away from the piercing, and protect it from direct UV exposure.

Do

- Protect healing genital piercings during sex. Use of condoms / dental dams is mandatory!
- Eat a balanced diet and get plenty of exercise and rest. Healthy bodies heal faster.
- Call or stop in if you have any questions or problems.

Piercings Below The Neck

Your piercing should be cleaned twice a day in the shower with a mild liquid soap like Dial, Soft Soap, Provon Medicated Lotion Soap, or Satin Therapeutic Skin Cleanser

Always wash your hands before cleaning your piercing. First, allow warm water to run over the piercing for two or three minutes. This allows dried body fluid or "crusties" to soften. Manually remove these "crusties." Always let the water do the work for you, never "pick" at the dry matter. Then rotate your jewelry so that the bead is touching one side of the piercing. Lather a drop of soap between your fingers and clean the ring thoroughly. Rinse off the ring. Turn the bead to the other side of the piercing. Clean and rinse the ring again. You do not have to work the soap into the piercing.

If you have a barbell in your new piercing, follow the cleaning procedure above. Instead of turning your ring, push the barbell so the post sticks out one side of the piercing. Use the soap to clean your jewelry and rinse. Push your jewelry the other way, so the post sticks out the other side of your piercing. Clean and rinse. You do not have to work the soap into the piercing.

Alternate Method

Some people prefer to heal their piercings more "naturally", or may be sensitive to chemicals in liquid soaps. In this case twice a day, do a 10 to 15 minute long warm saltwater soak. Use 1/4 to 1/2 teaspoon of non-iodized sea salt (too little salt is ineffective, too much can "burn" or dry out the piercing) to 1 cup (8 fluid ounces or 250 ml) of warm water.

Allow the salt to dissolve completely. Apply to the piercing for 10 to 15 minutes either in a cup that fits around the piercing, or on a clean, unused washcloth or paper towels. Gently remove softened "crusties". Rinse with clean water to remove salt residue, and dry with paper towels or a clean, unused towel.

DO NOT use Epsom salts, contact lens solution, or any kind of spray saline!!!