

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.

Band Aids At Night (microdermals only)

...for the first 2-3 nights. This will prevent them from catching or snagging on your bed sheets. Also, any situation where you may be at high risk for snagging them (dancing, karate practice) in the first 2-3 days, protect them with a band-aid!

Surface Piercings

Twice a day, do a 10 to 15 minute long warm saltwater soak. Use ¼ to ½ 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!!!

In the shower, your piercing can be cleaned gently 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. Clean gently with your liquid soap and then rinse thoroughly.

Surface Piercings and Rejection

It's not that they don't love you, but surface piercings can be prone to rejection, or pushing through the skin. Try to minimize friction or irritation from clothing. Be aware of the piercing, and protect it from catching or snagging on objects (or people!).

Keep an eye on your piercing. If the skin becomes red and shiny, or if you can see metal through the skin, it may be time to remove your piercing.