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, Bacitracin, or Triple antibiotic ointments.) These products clog the piercing and delay healing.

Avoid
- Handling healing piercings with unwashed hands.
- It is also advisable to reduce your intake of spicy foods, caffeine, hot beverages, and cigarettes until your piercing is fully healed.
- You must avoid open mouth kissing and unprotected oral sex for the entire healing period!!!! This means at least six weeks!

Do
- Eat a balanced diet and get plenty of exercise and rest. Healthy bodies heal faster.

Swelling and Downsizing
Oral piercings can be swollen and sore for 7 to 10 days, sometimes longer. Longer jewelry is used in a new piercing to allow room for swelling. You can change to shorter jewelry on your own after 6 to 8 weeks. If the longer jewelry is uncomfortable or causing issues, shorter jewelry can be put in after two weeks, but this needs to be done under sterile conditions by a professional.

Some piercings, such as the cheeks, may need to be downsized incrementally. These should be checked by a piercer every two to three weeks.

For Oral Piercings
Keep ice in your mouth for the first three days. This will help reduce swelling and soreness. All oral piercings can swell, and swelling can last up to ten days. Be patient! Staying properly hydrated can help with swelling. Drink lots of water!!

The most important part of healing a new oral piercing is maintaining proper dental hygiene. This means brushing your teeth twice a day (after your piercing, get a brand new toothbrush to use throughout the healing,) flossing every day, and after brushing rinse for ten seconds with Biotene, Crest Pro Health, or Listerine (diluted) or similar antibacterial mouthwash. Listerine or other mouthwashes that contain alcohol should be diluted by half with water.

Throughout the day, you must rinse with warm salt water after smoking, vaping, or ingesting anything that isn’t water.

Lip and Cheek Piercings
The outside of lip and cheek piercings should be cleaned two to three times daily.

We suggest a salt water compress (8 ounces of warm water added to ¼-½ TEASPOON of non-iodized sea salt held firmly on the piercing with clean paper towels for 10-15 minutes.)

If you prefer an alternative to the compress, Wound Wash by NeilMed is a sterile saline spray that can be used to irrigate the piercing and wash away any dried matter or “crusties.” HOCL is another alternative. It is a topical skin spray with enzymes that mimic the human body’s own immune system. This is a safe alternative for those who prefer a stronger cleaning method.