

Important

Leave healing piercings alone! The only time you should handle an unhealed piercing is when you are cleaning it! DO NOT rotate, twist, turn, push, pull, move, or remove your jewelry for the duration of the healing period!!!

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 are very strong and may damage healing tissue.

Also, stay away from petroleum jelly based antibiotic ointments (Neosporin, Bacatracin, or Triple antibiotic ointments.) These products delay healing and can cause serious complications.

Avoid

- Handling healing piercings with unwashed hands.
- Any oral contact with healing piercings.
- Swimming rules: While your piercing is healing, you must keep it out of pools, lakes, streams, oceans, hot tubs, etc. For the first twelve weeks, refrain from swimming or at least keep the piercing out of the water to keep bacteria from entering the wound and keeping infection risks to a minimum.
- Tanning can cause problems with healing piercings. 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.
- If healing surface anchors, keep a fresh band-aid on overnight for the first week

Downsizing Jewelry

Your jewelry will be longer to accommodate swelling that happens with a new piercing. During your initial healing period but after swelling has gone down, shorter jewelry will help to avoid pulling, snagging, or migration complications. To keep swelling to a minimum, stay hydrated, elevate the piercing while sleeping (if a facial or ear piercing,) and do compresses at a cooler temperature for the first two weeks.

Keeping Your Piercing Clean

The best way to keep a healing piercing clean is a sterile isotonic saline spray, used two to three times a day to clear away any dried matter or "crusties" that accumulate on the jewelry. These crusties are a perfectly normal part of healing, and should be gently cleared away daily. DO NOT pick at the debris on your jewelry. Q-tips and cotton balls can leave behind irritating fibers, and should be avoided. DO NOT use Epsom salts, contact lens solution, or iodized salt!!! If you'd like to do this as a compress, spray the sterile saline onto some clean gauze, put the soaked gauze onto a microwave-safe plate, and microwave for about 5-10 seconds, so it's warm. Hold some pressure onto both sides of your piercing with the compress for 10 minutes.

While showering, do not scrub any soaps or cleansers into your healing piercing. Before you step out of the shower, let some warm clean water run over the piercing to remove any suds that may have gotten into it and to help soften any stubborn crusties that may be on the jewelry. There is no need to move or twist your jewelry as you shower or rinse. After using the saline or after showering, be sure to pat dry your piercing with clean gauze or use a blow-dryer on a low, cool setting to ensure the area is not trapping moisture.