

# BODY PIERCING AFTERCARE INSTRUCTIONS

## CLEANING

- Wash your hands thoroughly prior to cleaning or touching your piercing for any reason.
- Use a saline rinse to clean your piercing 1-2 times a day until healed.
- Rinse with water afterward to prevent saline drying on the skin, then dry with a clean paper product.
- Moving or rotating jewelry is not necessary during cleaning or rinsing.
- drugstores and work best for nipple, navel, and surface piercing placements.
- Avoid all beauty and personal care products on or around the piercing including cosmetics, lotions, and sprays, etc.
- Sleeping directly on a healing cartilage piercing can cause irritation, even causing shifts in the piercing's angle. Placing a travel pillow, on top of your pillow, and then placing your ear in the opening can be helpful to avoid this.

## WHAT TO AVOID

- Avoid cleaning with alcohol, hydrogen peroxide, antibacterial soaps, iodine, or any harsh products. Also, avoid ointments as they prevent necessary air circulation.
- Avoid Bactine®, pierced ear care solutions, and other Benzalkonium Chloride products (BZK).
- Avoid over-cleaning. This can delay your healing and irritate your piercing.
- Avoid undue trauma such as friction from clothing, excessive motion of the area, playing with the jewelry, and vigorous cleaning. These activities can cause the formation of unsightly and uncomfortable scar tissue, migration, prolonged healing, and other complications.
- Avoid all oral contact, rough play, and contact with others' bodily fluids on or near your piercing during healing.
- Avoid submerging the piercing in unhygienic bodies of water such as lakes, pools, hot tubs, etc. Or, protect your piercing using a waterproof wound sealant bandage. These are available at most

## IMPORTANT INFO

- A piercing may seem healed before the healing process is complete. This is because tissue heals from the outside in, and although it feels fine, the interior remains fragile. Be patient, and keep cleaning throughout the entire healing period.
- Even healed piercings can shrink or close in minutes after having been there for years! This varies from person to person; if you like your piercing, keep jewelry in—do not leave it empty.
- Make sure your bedding is washed and changed regularly. Wear clean, comfortable, breathable clothing that protects your piercing while you are sleeping.

*Please do not hesitate to contact me with any questions/concerns you may have!*

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