

Body Piercing Aftercare Sheet

Congratulations on your new piercing!

Proper aftercare is essential to ensure proper healing.

Please follow these instructions carefully.

General Aftercare Guidelines:

- Clean your hands before touching your piercing. Always wash them thoroughly with soap and water.
- Avoid touching your piercing unnecessarily to minimize the risk of infection.
- Do not remove the jewelry during the healing process, as this can cause the piercing to close or become infected.

Cleaning Your Piercing:

- Use saline solution or a sterile saline wound wash to clean your piercing. Do NOT use hydrogen peroxide, alcohol, or any harsh chemicals as they can damage the tissue and prolong healing.
- Clean the piercing twice a day: Once in the morning and once at night, or as directed by your piercer.
- Apply saline solution to a clean cotton ball or gauze, then gently wipe the area around the piercing. Do not rotate or twist the jewelry.
- Dry the piercing gently with a clean paper towel or tissue after cleaning. Avoid using cloth towels as they may harbor bacteria.

What to Avoid:

- Avoid touching the piercing with dirty hands or objects.
- Avoid swimming in pools, lakes, or oceans until your piercing is fully healed.
- Avoid sleeping on the piercing to reduce pressure and irritation.
- Avoid over-cleaning: Cleaning your piercing too often can cause irritation and delay healing.
- Do not use ointments, creams, or other skin care products near the piercing, unless recommended by your piercer.
- Avoid sleeping with tight clothing or hats that might rub against the piercing.

Signs of Infection:

While some minor redness and swelling is normal during the healing process, look out for these signs of infection:

- Excessive redness, warmth, or swelling around the piercing.
- Pus-like discharge (yellow, green, or cloudy) coming from the piercing.
- Fever or chills.

If you experience any of these symptoms, contact your professional piercer or a healthcare provider immediately.