



Thank You for Trusting Traveling Soul Piercings

Now that you have a new piercing, you will want to follow these best practices to ensure a healthy healing process.

Please read the instructions for your specific piercing within this pamphlet. If you have any questions, please do not hesitate to contact me.

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What to Expect

Swelling, redness, and tenderness for the entire healing time. Times can vary depending on piercings, jewelry, and how well the after care is followed.

Piercing area can become itchy and irritated while healing. The most important thing is to not touch the piercing with unclean hands during the healing process.

Light discharge can occur after getting a piercing. This is normal during the healing process. The discharge can be a clear, milky, or yellowish color. If the discharge changes to a green color, please call Traveling Soul Piercings for other cleaning options and advice.

Sometimes a bubble can form next to or on the new piercing. The bubble can look red, swollen, and can be filled with pus. The bubble is caused by touching the piercing too much, not cleaning it properly, changing the piercing too soon, or as a reaction from the type of metal being worn. If the bubble is not properly taken care of, it can permanently cause damage by turning into a hypertrophic scar or keloid.

Taking Care of the "Bubble"

The best way to get rid of the bubble is to pop it. There are two ways to safely do so. The first is to use a sterile needle and poke it. The second is to use two Q-tips and squeeze the bubble with the tips. Let the bubble drain as much as possible. After draining is done, clean with the solution provided. The bubble may need to be popped a few times before it goes away.

Healing Times & Instructions for

EAR & NOSE PIERCINGS



- Allow 6-8 weeks healing time.
- Wash hands every time before cleaning.
- Use the solution provided 2-3 times daily.
- Soak a cotton swab or cotton ball with solution, then gently clean the piercing area(s).
- Do not touch the piercing area(s) for any reason other than to clean.

Healing Times & Instructions for

SURFACE PIERCINGS



- Allow 2 months healing time.
- Wash hands every time before cleaning.
- Use the solution provided 2-3 times daily.
- Soak a cotton swab or cotton ball with solution, then gently clean the piercing area(s).
- Do not touch the piercing area(s) for any reason other than to clean.

Healing Times & Instructions for

MOUTH PIERCINGS



- Allow 2-4 weeks healing time.
- Wash hands every time before cleaning.
- Swish your mouth with an antiseptic mouthwash for a minimum of 30 seconds anytime after you eat, drink, or smoke.
- Be gentle while brushing your teeth and brush around the piercing area.
- Extra swelling is very common in mouth piercings. Take Ibuprofen or Tylenol to help reduce pain and swelling. Make sure you are not allergic to anti-inflammatories or NSAIDs before taking.
- Try to avoid dairy, yeast, and spicy foods for the first 48 hours after the piercing as these can cause irritation.

If you have an outer-mouth piercing, follow these additional steps:

- Use the solution provided 2-3 times daily.
- Soak a cotton swab or cotton ball with solution, then gently clean the piercing area(s).
- Do not touch the piercing area(s) for any reason other than to clean.

Healing Times & Instructions for

PRIVATE PIERCINGS



- Allow 1-3 months healing time.
- Wash hands every time before cleaning.
- Use the solution provided 2-3 times daily.
- Soak a cotton swab or cotton ball with solution, then gently clean the piercing area(s).
- Do not touch the piercing area(s) for any reason other than to clean.
- Be mindful of the type of clothing you wear, as to not get the jewelry caught while it is healing.

Over Swelling

Over swelling can sometimes happen during healing. Keep a look out for indentations where jewelry may appear to be “sucking” into the piercing. If pain becomes intolerable, or more than expected, this may be another sign of over swelling. If this occurs, please contact Traveling Soul Piercings to set up a time to exchange jewelry to a larger piece for a more comfortable healing process.

At no extra charge!