

# Body Piercing Aftercare

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Now that you're pierced, it's up to you to keep your piercing **healthy and infection-free**.

## What Is an Infection?

An **infection** occurs when harmful microorganisms, known as pathogens, enter your body and multiply.

## How Do I Get an Infection?

**Touching your piercing is usually the #1 cause of infection!** Germs can linger on contaminated surfaces like doorknobs, phones, or countertops. If you touch these surfaces and then touch your fresh piercing, you can become infected. **Always wash your hands thoroughly before you touch your piercing.**

Remember, your body heals the piercing; your job is to keep it clean.

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## External Piercing Aftercare (Nose, Ears, Navel, Nipples, Genitals)

### How to Wash Your Piercing:

Once a day in the shower, wash your piercing with antibacterial **soap**. We recommend **Summers Eve Feminine Wash**. Lather your piercing with soap and rinse thoroughly. Pat dry with a clean towel.

 **AVOID Alcohol, Peroxide, and Sea Salt.**

A saline wash is great for a quick rinse during the day, but it **does NOT replace** washing with soap and water.

Again, **do not touch your piercing without washing your hands first.**

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## Oral Piercing Aftercare (Tongue, Lip, Cheek)

After brushing your teeth and after eating, drinking, or smoking, rinse your mouth with **mouthwash**. If the mouthwash feels too strong or leaves a white coating on your tongue, dilute it by half with water.

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## Internal and External Piercings

(Lip, Monroe, Cheeks)

Follow both the external and oral aftercare instructions.

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## General Healing Guidelines for All Piercings

During the first **4 to 6 weeks**, avoid lakes, rivers, or any fresh bodies of water. Public hot tubs or pools are also off-limits. If you have a personal hot tub or pool, it's okay to use those.

All piercings will take approximately **6 months to 1 year to fully heal**, even though they might feel healed in 6-8 weeks. **Do not remove your jewelry** during this time. If you remove your jewelry, you run the risk of losing your piercing, as **it will close**.

Your new body piercings may be tender and discharge clear to clear/yellow fluid; this is a normal part of the healing process.

**Signs of infection** include thick yellow to green discharge, pain, and a hot sensation around the piercing. If you suspect an infection, **do not remove your jewelry**, as removing it may cause an abscess.

If you have any questions during the healing of your piercing, please don't hesitate to contact us.

