



Piercing aftercare

For External piercings

1. We recommend purchasing sea salt from a pharmacy, ensure the product is labelled “Saline Wound Wash” & contains only sodium chloride (sea salt) and water
2. In case, you have to wash just take half tablespoon of sea salt (too much salt can damage or irritate the piercing) in a small bowl of water.
3. Heat the solution & let it come down to Luke warm temperature, then dip cotton ear buds into the solution & clean the piercing from both the ends
4. Make sure you don't see any cluster or scab forming on the fresh piercing
5. Repeat the process at least 3-5 times a day till the piercing is healed (most important don't touch the piercing or play with the jewellery till it heals, as it may cause irritation, infection & will take a longer time to heal)

For Internal piercings

1. We recommend an unflavoured, alcohol- free mouth wash OR mixing the saline solutions mentioned above;
- *To clean inside of the mouth:* Rinse with saline solution or mouth wash for 30 sec every time you eat or drink and once before going to bed (4-6 times daily)

Note- If you suffer from any heart condition, please don't use salt; use mouth wash only

What to avoid during initial healing?

1. Never remove or change your jewellery while the piercing is fresh & healing
2. Don't move/play with the jewellery
3. To prevent infection & irritation avoid consuming alcohol, don't smoke or consume spicy foods
4. Don't allow other people's body fluids to come in contact with your new piercing
5. This includes oral sex, kissing, sharing food, drinks or other utensils
6. Never use rubbing alcohol or any other ointments while the piercing is healing

What are some of the normal things to experience during healing?

1. You might feel some amount of discomfort or pain accompanied by moderate swelling & redness
2. Some bleeding or scabbing during the first week of healing is normal
3. Clear to white/yellowish fluid that commonly dries into “crusties” around the area of the piercing and onto the jewellery can be noticed
4. Mild itching or burning/throbbing sensations throughout the entire healing period might be felt