



AFTERCARE FOR YOUR PIERCING

WHAT TO DO:

- Wash your hands thoroughly before touching your piercing.
- Clean your piercing 2–3 times daily with sterile saline solution or a mild antibacterial soap.
- Pat dry using sterile gauze or a clean paper towel. Do not use a cloth towel.
- For oral piercings, rinse with an alcohol-free mouthwash or sterile saline solution for 30–60 seconds, 2–3 times per day and after eating, drinking, or smoking.
- Wear clean clothing and use fresh bedding while healing.

AVOID THE FOLLOWING:

- Touching, twisting, or playing with your piercing.
- Alcohol, hydrogen peroxide, Betadine, and ointments.
- Over-cleaning your piercing.
- Swimming pools, hot tubs, lakes, and other bodies of water.
- Oral contact and rough physical activity (when applicable).
- Beauty products (makeup, lotions, hair products) near the piercing.
- Excessive alcohol, nicotine, and recreational drug use.

IMPORTANT:

- Do not remove the jewelry if you suspect an infection. Removing it can trap infection.
- Do not pick away dried lymph or crust. This is a normal part of the healing process.
- Piercings heal from the outside inward and may appear healed before they actually are.
- If you experience severe swelling, increasing redness, green/yellow discharge, fever, or other signs of infection, contact your piercer or a healthcare professional.

SHOULD YOU HAVE ANY QUESTIONS OR CONCERNS

PLEASE CONTACT US AT:

- 🌐 www.everesttattooandpiercings.com
- ✉ email: everesttattooandpiercings@gmail.com
- ☎ Phone: (234) 334-0018