

Play Piercing Aftercare

PIERCING BY HAYL

Immediately After Removal:

- *Wash your hands* before touching the area
- Gently clean the skin with sterile saline or mild soap and lukewarm water
- Pat dry with clean paper towels (avoid reusable cloths that can carry bacteria)

Ongoing Care (First Few Days):

- Clean the sites 1-2 times daily with saline or mild soap; *keep the site dry* as excess moisture can promote bacterial growth
- Avoid touching or picking at the marks
- Wear *loose, clean clothing* to prevent friction
- Avoid heavy sweating (gym, saunas) for at least 24-48 hours
- Skip submerging in pools, lakes, baths, hot tubs, hot tubs, etc. until the skin closes

Managing Irritation

- Expect mild redness, swelling, or bruising - this is normal
- Use a *cold compress* (wrapped in clean paper towel) to reduce swelling
- Avoid applying harsh antiseptics like alcohol or hydrogen peroxide - they can slow healing

Optional Care Products

- Sterile saline spray (preferred)
- Fragrance-free moisturizer once the skin starts closing (not on open punctures)
- Over-the-counter pain relief if needed

Monitor for Signs of Infection

Seek medical attention if you notice:

- Increasing redness, warmth, or swelling after 48 hours

- Pus or unusual discharge
- Red streaks spreading from the site
- Fever or chills

Healing Timeline

- Most superficial piercing marks close within *hours to a couple of days*
- Deeper or larger gauge punctures may take longer

Extra Tips

- *Stay hydrated and eat well* to support healing
- If you're prone to scarring, keep an eye on healing and consider *silicone gel or scar cream* once fully closed to help reduce the appearance of leftover marks
- **Rest!** Engage in soothing activities to ensure your emotional and physical recovery
- **Reflect**: check in with yourself to gauge how you're feeling emotionally. It's common for people to experience feelings of euphoria, vulnerability, or even sadness.