Piercing Aftercare

PIERCINGS ABOVE THE NECK (NOT IN MOUTH)

Healing time: 6-8 weeks

Use an antiseptic cleanser and numbing agent on a cotton swab to gently remove all discharge from the piercing and jewelry. Get the cleanser into the piercing by slowly rotating the jewelry back and forth. Do this 2-3 times a day or whenever necessary. Be sure to clean the piercing in the shower last. If cleaned before washing your hair, all the gel, hair spray, dandruff, shampoo and oils can run off onto the piercing.

Avoid:

- Touching piercing or jewelry with unwashed hands.
- Contact with hair.
- Contact with saliva.
- Contact with make-up.
- Swimming pools, baths and hot tubs.

ORAL PIERCINGS - TONGUE

Healing time: 4-6 weeks

Rinse mouth with non-alcoholic mouthwash, diluted 1:1 with water, any time you:

- Eat.
- Drink.
- Smoke.

Full strength non-alcohol mouthwash can kill new cells. This slows down the healing process. Take your time eating. Stick with foods that are softer and easier to chew. Sucking on ice or eating popsicles can help with the swelling. Chew off to the side to avoid tearing your new piercing. If you smoke, you might experience a longer healing period.

ORAL PIERCINGS - LABRET (JUST BELOW THE LIP), CHEEK, MONROE (JUST ABOVE THE LIP)

Healing time: 6-8 weeks

Treat these the same as a tongue piercing, but with an additional step of cleaning the outside of the piercing. Using cleanser on a cotton swab, gently remove all discharge from the piercing and jewelry. Clean the piercing as directed by slowly rotating the jewelry back and forth. Do this 2-3 times a day or whenever necessary.

Avoid:

- Exchange of saliva or any other bodily fluid.
- Playing with your jewelry.
- Touching your piercing with unwashed hands.
- Yogurt (which contains bacteria enzymes).
- Spicy foods.

PIERCINGS BELOW THE NECK

NIPPLES, NAVEL, MADISON (BASE OF NECK)

Healing time: 6 months - 2 full years

Gently clean the piercing and jewelry. Clean the piercing as directed by slowly rotating the jewelry back and forth. Do this 2-3 times a day or whenever necessary. Using liquid anti-bacterial soap, clean the piercing in the shower. Let the hot water soak the piercing to soften any solid discharge. Gently remove the discharge with the soap and water. Rotate the jewelry back and forth to get the soap into the piercing, and be sure to rinse well. Make sure that the piercing is the last thing you wash during your shower. If cleaned before washing your hair, gel, hair spray, dandruff, oils and shampoo may run off onto the piercing.

Avoid:

- Contact with saliva or any other bodily fluids.
- Touching your piercing or jewelry with unwashed hands.
- Swimming pools, hot tubs and baths.
- Tight clothing pulling on the piercing.
- Sleeping on your piercing.

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