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Piercing Aftercare Instructions

DO NOT USE

- Rubbing Alcohol
- Hydrogen Peroxide

Cleaning Basics

- Before cleaning piercing, make sure to wash your hands
- ¼ Tbsp. of Sea Salt
- Fill in an 8oz cup with warm water and mix Sea Salt with water until it has dissolved
- Use disposable Q-Tip or cotton ball to clean piercing
- Soak piercing for 2 min
- Clean the piercing three times per day

Alternative Cleaning Solutions

- NeilMed Fine Mist
- H2Ocean
- WoundWash

Ear Piercings

- Follow cleaning basics OR you can also use NeilMed, WoundWash, or H2Ocean
- Do NOT sleep on piercing
- Avoid phone/headphones
- Avoid hair/ hair products
- Do not remove jewelry for about 5-6 months (some piercings may take longer)
- Restrictions: 2 weeks up to 1-month (Do not) swimming, hot tubes and/or recreational waves.
- Avoid coming in contacts with animals
- Avoid gardening
- Healing time varies for each piercing

Face Piercings

- Follow cleaning basics OR you can also use NeilMed, WoundWash, or H2Ocean
- Do NOT apply make-up on or around the piercing
- NO face wash
- Do not remove jewelry for about 5-6 months (some piercings may take longer)
- Restrictions: 2 weeks up to 1 month(Do not) swimming, hot tubes and/or recreational waves.
- Avoid coming in contacts with animals
- Avoid gardening
- Healing time varies for each piercing

Body Piercings

- Follow cleaning basics OR you can also use NeilMed, WoundWash, or H2Ocean
- Do NOT sleep on the piercing
- FOR NIPPLES: Avoid tight bras
- Keep piercing away from human contact and bodily fluids (i.e.: Saliva)
- Do NOT remove jewelry for 6 months – 1 year (some piercings may take longer)
- Restrictions: 2 weeks – 1 month Do not: go swimming hot tubes and/or recreational waters.
- Avoid coming in contacts with animals and gardening



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Oral Piercings

- Refer to Cleaning Basics or follow the Alternative Cleaning Methods
- Alternative Cleaning Methods: Use non-alcoholic mouth wash OR if you do not have non-alcoholic mouthwash make your own solution: 50% water and 50% regular mouth wash in a cup, mix solution and wash piercing

Do not do the following:

- Smoke
- Drink alcohol (of any kind)
- Have sexual activity
- Eat spicy food
- Eat sour food
- Have full meals (break all food down into small pieces)
- Keep piercing(s) away from other human contact and bodily fluids (i.e. Saliva)

Things to Expect After Getting a Piercing

- Minor discharge (Secretion of whiteish-yellow fluids)
- Crusting
- Redness
- Bruising
- Tenderness
- Tissue may tighten around the jewelry
- Localized swelling
- Minor bleeding/Spotting
- Itching
- Pain

Symptoms of Possible Infection

- Piercing is hot to the touch
- The area is extremely sensitive or painful when touched
- Green, yellow, or brown discharge (purulent drainage)
- Excessive swelling of the piercing site or around the piercing site
- Bad odor near the piercing site
- Red streaks going from the procedure site to the heart
- Elevated body temperature (fever)

Seek immediate medical attention if one or more of the following occur:

- Piercing is hot to the touch
- The area is extremely sensitive or painful when touched
- Green, yellow, or brown discharge (purulent drainage)
- Excessive swelling of the piercing site and/or jewelry is sinking into procedure area
- Bad odor near the piercing site
- Elevated body temperature (fever)
- Red streaks going from the procedure site to the heart

If you are concerned about your piercing, come in to the shop (3700 E 12 St Oakland, CA 94601) or visit your primary care physician.