

## Cleaning Tips

### Wash Your Hands with Antibacterial Soap and Water:

This should be done whenever a healing piercing must be handled. **Do NOT wash your piercing with soap.**

### Wet Piercing and Jewelry with Wound Wash

This can be done in a number of ways, including spraying the piercing directly, using a swab saturated in Wound Wash or submerging the piercing in a clean shot glass (or disposable cup) filled with Wound wash.

### Wipe Jewelry and Piercing Clean

Using swabs soaked in Wound Wash, gently wipe the jewelry and surrounding area free of any dirt and/or discharge. Avoid moving and or rotating the jewelry as this can drag material inside the piercing and also lead to irritation.

## Other Tips

Avoid getting any body washes, conditioners, lotions, makeup, shampoos, soaps, tanning oils, or any other cosmetic product in or around the piercing.

Avoid swimming in both natural bodies of water and swimming pools/hot tubs during the healing process as this can lead to increased risk of infection and irritation.

Protect healing piercings from other people's (and your own hands and body fluids).

Look to the aftercare given to you by your piercer and refrain from taking the care advice of those who do not pierce for a living such as friends, family, and the internet. If you need further advice call our shop or contact your piercer directly.



## Body Piercing Aftercare Booklet

Print this document double-sided and fold in the middle.

**Date:** \_\_\_\_\_

**Piercing:** \_\_\_\_\_

**Jewelry:** \_\_\_\_\_

**Piercer:** \_\_\_\_\_

**Checkup:** \_\_\_\_\_

**Healing Time:** \_\_\_\_\_

## Preface

The most valuable tool in your “after-care toolkit” is your own common sense. Give your piercing every opportunity to heal undisturbed in a stress free and clean environment. This may mean adjusting your lifestyle a little, from workout routines and activities to clothing choices, and especially the urge to play with your piercing while it heals. A good rule of thumb is if something seems to be bothering your piercing-avoid doing that until the piercing is healed.

## Healing Process

Your body is going to do most of the healing for you. While your body is healing, your piercing may be a little red, sore, and swollen. Sometimes there may be a little dry or wet discharge present (this is not pus).

If there is discharge present, or your piercing seems a little more aggravated than usual, you should clear your piercing. Use common senses, your body will tell you when and if it needs to be cleaned. You should always clean your piercing if it gets dirty and/or after showering/bathing. It is recommended that you clean your piercing once a day at the very least. Remember to always wash hands thoroughly before handling your piercing.

There are some signs to watch for during the healing process that may indicate that you’re having problems. Extreme swelling, excessive redness, heat, abnormal pain/increased discomfort, the presence of yellowish, greenish, or brownish discharge may be signs of an infection. If any of these signs occur, it is recommended to seek the attention from your piercer. If there seems to be a problem, don’t panic, the piercing simply needs prompt attention from a qualified professional.

## Recommended Products

### Wound Wash (Saline Spray)

NeilMed wound wash can be purchased here. This product and other brands may be available for purchase at most drugstore stores.

### Cotton Swabs (Q-Tips)

Use basic cotton swabs as a general rule. Avoid scented, medicated, or anti-bacterial/microbial cotton swabs.

### Antibacterial/Microbial Soap

Mild perfume and dye free soap is needed for hand washing only.

## Products to Avoid

### Harsh Soaps / Cleaners

**Including but not limited to:** alcohol, anti-bacterial/microbial and soaps, bactine, Ear Care solution, Iodine, Hydrogen peroxide. These products contain chemicals that irritate and kill healthy skin cells in healing wounds. These products plainly state “**FOR EXTERNAL USE ONLY**”.

### Ointments

**Including but not limited to:** Bacitracin, Polysporin, Neosporin, Triple Antibiotic Ointment. These tend to attract contamination and prevent healing piercings from being able to breathe or drain. Products in this category will plainly state on the label “**NOT FOR USE WITH DEEP PUNCTURE WOUNDS**”

### Products Containing Essential Oils (Especially Tea Tree Oil)

Although “all natural” marketing sounds nice, **these products can be every bit as damaging/irritating as “human-made” chemicals** and carry increased risk of causing allergic reactions.