

Piercing Aftercare

Oral Piercings (lip, cheek, tongue, etc): Your piercing may swell for 1-3 weeks. Take ibuprofen, suck on ice, drink very cold water to help aid in reducing inflammation. For the first 3 weeks rinse your mouth with an alcohol free mouthwash (Biotene, Crest Pro-Health, Tech2000) after anything that enters your mouth aside from bottled water. The outside of your mouth around the piercing should be cleaned twice a day with an antibacterial soap and H2Ocean. It is important not to intake alcohol, or consume tobacco products for the initial healing period to avoid irritating your piercing severely. For your initial healing period avoid oral sex, or open mouth kissing. After 3-6 weeks have your piercer replace your jewelry with a shorter piece. This is important as it will aid in the remaining heal time for your piercing, as well as help to prevent gum erosion/tooth damage or further discomfort.

DO NOT: Use Alcohol, Peroxide, Hibiclens, Betadine, or any petroleum based product such as Bacitracin or Neosporin. **AND NO NOT LISTEN TO YOUR FRIENDS!** If you have any concerns, please contact your piercer via the info listed on the opposite side of this card.

General Piercings (ears, septum, nostril, navel, surface, nipple, etc.): In the shower wash your piercing, jewelry, and surrounding area once a day with a gentle anti-bacterial soap. Be sure to clean the entire area, and rinse the soap off thoroughly. After shower, clean the piercing and jewelry with a liberal application of H2Ocean using a q-tip. Use the q-tip to gently wipe away any dried "crusty" material or blood. Do this 2 to 3 times a day. Do not rinse H2Ocean off.

Male & Female Genital Piercings: Follow the same instructions as stated above. Be very careful in applying anti-bacterial soap as this may cause irritation to the urethra, and vaginal opening. For piercings that are transurethral (pass through the urinary tract), or near the urethra, your urine will cleanse the piercing.

Disclaimer: These guidelines are based on a combination of vast professional experience, common sense, research, and extensive clinical practice. This is not to be considering a substitute for medical advice from a doctor. Be aware, however, that many doctors and dentists do not have specific training or experience regarding piercing, and may not be educated on how to best assist you. IF you do get an infection, the jewelry should be left in, so that the infection may drain. IF the jewelry is removed, the holes may close and result in an abscess. Always contact your piercer if anything seems abnormal or if you have any concerns.