



Piercing Care

FIRST RULE:

DO NOT LISTEN TO YOUR FRIENDS ADVICE ON HOW TO CARE FOR YOUR PIERCING.

ALWAYS make sure you wash your hands with antibacterial soap before touching your piercing.

Your new piercing should be cleaned every day unless activities require more (exercising, sweating, etc...).

You may notice a dry, crusty build up on your piercing. To remove build up, rinse thoroughly with warm water. **DO NOT PICK** it off as this can tear new tissue and delay healing.

After rinsing off build up, lather antibacterial soap around piercing. Slide jewelry back and forth a few times when washing to distribute the soap through the piercing and then again when rinsing to remove all soap residue. After cleansing, a warm saltwater soak ($\frac{1}{4}$ teaspoon to 1C. water) can be used to help clean and soothe, especially if your new piercing is sensitive or sore.

For mouth piercings, rinse with mouthwash after anything but water has entered your mouth. (eating, drinking, smoking, etc...)

DO NOT turn jewelry unless cleaning. Too much turning can irritate and/or cause unnecessary swelling or infection.

DO NOT USE: alcohol, saline solution, or hydrogen peroxide, which can over dry and/or scar, nor should you use petroleum jelly based ointments or creams (Neosporin, Vaseline, etc.) which can clog piercing and block air passage which is essential to healing.

Avoid tight clothing (belts, stockings, tight jeans, etc.) as they can rub and pull, irritating the piercing. Most piercings can be changed in 6-8 weeks.