

Syndicated Ink

Piercing Aftercare What is Normal?

- ◆ Initially, some bleeding, localized swelling, tenderness or bruising.
- ◆ During healing: Some discoloration, itching, secretion of a whitish-yellow fluid (not pus) that will form crust on the jewelry. The tissue may tighten around the jewelry as it heals.
- ◆ Once healed: The jewelry may not move freely in the piercing;
DO NOT force it. If you fail to include cleaning your piercing as part of your daily hygiene routine, normal but smelly bodily secretions may accumulate.
- ◆ A piercing may seem healed before healing is complete. This is because piercings heal from the outside in, and although it feels healed the tissue remains fragile on the inside.
BE PATIENT, and keep cleaning throughout the entire healing period.

Cleaning Instructions for Body Piercing

- 1. WASH** your hands thoroughly prior to cleaning, or touching on or near your piercing.
- 2. SOAP** no more than once or twice a day. While showering, lather up a pearl size drop of the soap to clean the jewelry and the piercing. Leave the cleanser on the piercing no more than thirty seconds, then rinse thoroughly to remove all traces of the soap from the piercing.
- 3. DRY** with disposable paper products such as gauze or tissues, because cloth towels can harbor bacteria and catch on new piercings causing injury. Pat gently to avoid trauma.

What To Avoid

- ◆ Avoid undue trauma such as friction from clothing, excessive motion of the area, playing with the jewelry and vigorous cleaning. These activities can cause the formation of unsightly and uncomfortable scar tissue, migration, prolonged healing and other complications.
- ◆ Avoid the use of alcohol, hydrogen peroxide, Betadine, Hibiclens or ointment.
- ◆ Avoid over cleaning. This can delay your healing and irritate your piercing.
- ◆ Avoid all oral contact, rough play, and contact with others' bodily fluids on or near your piercing during healing.
- ◆ Avoid stress and recreational drug use including excessive caffeine, nicotine and alcohol.
- ◆ Avoid submerging the piercing in bodies of water such as lakes, pools, jacuzzis, etc