



Body Piercing After Care

Rule #1: Do not touch your piercing

Every time you touch your piercing you are transferring bacteria from your hands to your piercing causing irritation and or infection.

What's Normal?

For the first 3-5 days: Swelling, Bruising, Bleeding and Tenderness after that some Swelling and Oozing (which causes crusties).

Rule #2: Do Not Pick at the crusties.

Cleaning your piercing

Use an unscented antibacterial soap (Dial). Lather onto a Q-tip or paper towel. Clean thoroughly removing all dried blood and "crusties". Rinse your piercing with cool water. Repeat 2-3 times daily. Do Not use rubbing alcohol, peroxide, or any kind of healing ointment. Other than cleaning your piercing, with Dial Soap. Leave it alone.

Stay out of swimming pools for at least a month; pits, lakes, rivers, and ponds for at least two months.

Do Not change your jewelry for at least six to eight weeks. Your piercing can take 8 weeks to a years to fully heal. So be patient.