



Piercing aftercare

- Try and avoid touching your piercing if at all possible; in the event you need to touch it, make sure your hands are clean
- When cleaning, make sure that the balls are tight by holding one end of the jewellery and twisting the front or top ball clockwise. We operate a lost ball charge after 24 hours for £5
- DO NOT twist your jewellery, this may have been advised years ago, but it can damage the delicate fistula that is being formed inside your piercing that will allow it to heal properly.
- Use 0.9% Sterile saline such as NeilMed Fine Mist Spray (Available to purchase) to clean your piercing; spray the piercing and clean off the crust with some paper towel. Home made salt solutions are not recommended, and can dry out your piercing too quickly, which will lead to healing issues.
- piercing has been carried out with jewellery that will be too long once the initial swelling has gone down. This means that the piercing will not be too tight when it swells and will not allow any space for the discharge to 'escape'
- Downsizing is important as having a bar that is too long can mean that you catch it more frequently (which can delay the healing process and can cause irritation or healing bumps);
- However the initial swelling must have subsided and it should not feel sore or tender to touch.
- Keep the piercing jewellery in until the swelling has gone down (see below). You should be able to see as much 'excess bar' after the swelling period as when it was pierced. This is different for everyone- if in doubt, send us a message.
- For Navel piercings try and avoid tight clothing over the piercing. Clothes that sit directly over the piercing will slow the healing process.
- For mouth or lip piercings, rinse twice a day (and after eating, smoking or vaping if you can) with an alcohol free mouthwash
- For all piercings, try and avoid swimming for at least a month or two; swimming pools are not nice places for new piercings. If you must go swimming, ensure that you thoroughly rinse and clean your piercing afterwards.
- Your Piercing Was Carried Out With _____
- Keep The Initial Bar in For Approximately _____ Weeks Following
- Size Jewellery _____