

# Piercing Aftercare Instructions

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**Studio:** \_\_\_\_\_

**Piercer:** \_\_\_\_\_

**Client:** \_\_\_\_\_

**Piercing Location(s):** \_\_\_\_\_

**Appointment Date:** \_\_\_\_\_

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## Cleaning Routine

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Clean your piercing **twice daily** for the duration of the healing period.

### Steps:

1. Wash hands thoroughly before touching the piercing.
2. Spray or apply sterile saline solution (0.9% sodium chloride, preservative-free) directly to the piercing and surrounding skin.
3. Allow to air dry, or gently pat dry with a clean single-use paper towel.
4. Do not rotate or move the jewelry during cleaning unless instructed otherwise.

**What to use:** Sterile saline wound wash (available at pharmacies). Do not use hydrogen peroxide, rubbing alcohol, Bactine, or antibacterial soap — these are too harsh and slow healing.

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## General Do's

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- ☐ Use sterile saline solution for cleaning
  - ☐ Always wash hands before touching the piercing
  - ☐ Wear loose, breathable clothing near the piercing site
  - ☐ Keep pillowcases and clothing that contacts the piercing clean
  - ☐ Eat well, stay hydrated, and get enough sleep — your body heals better when you take care of it
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## General Don'ts

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- ☐ Do not twist, rotate, or play with the jewelry
  - ☐ Do not remove the jewelry before the piercing is fully healed
  - ☐ Avoid submerging in pools, hot tubs, lakes, or oceans during healing
  - ☐ Do not apply alcohol, hydrogen peroxide, ointments (Neosporin), or tea tree oil
  - ☐ Avoid touching with unwashed hands
  - ☐ Keep makeup, lotions, and hair products away from the piercing site
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## Approximate Healing Timelines

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*These are general estimates — healing varies by individual, anatomy, and how well aftercare is followed.*

| Placement         | Typical Healing Time |
|-------------------|----------------------|
| Earlobe           | 6–8 weeks            |
| Helix / Cartilage | 6–12 months          |
| Nostril           | 4–6 months           |
| Septum            | 6–8 weeks            |
| Eyebrow / Surface | 6–9 months           |
| Navel             | 6–12 months          |
| Nipple            | 6–12 months          |
| Tongue            | 4–6 weeks            |
| Lip / Labret      | 2–3 months           |

*Your specific placement:* \_\_\_\_\_ *— estimated healing:* \_\_\_\_\_

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## Warning Signs — When to Seek Medical Attention

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A healing piercing will have some normal symptoms: minor swelling, mild tenderness, and clear or white-ish discharge that crusts around the jewelry. These are expected.

Contact a healthcare professional if you experience any of the following:

- Increasing pain, swelling, or warmth after the first few days
  - Thick yellow or green discharge with an unpleasant odor
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- Red streaking spreading from the piercing site
- Fever or chills
- The jewelry appears to be moving toward the skin surface (rejection/migration)
- Significant allergic reaction (rash, hives, difficulty breathing — the last requires emergency care)

*Removing the jewelry during an active infection can trap the infection inside. Consult a doctor before removing jewelry if you suspect an infection.*

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☐ I have received these aftercare instructions, understand them, and will follow them.

**Client Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Piercer/Staff Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_