

## What to do

Wash your hands prior to touching the piercing; leave it alone except when cleaning.

Stay healthy; the healthier your lifestyle, the easier it will be for your piercing to heal.

Make sure your bedding is washed and changed regularly. Wear clean, comfortable, clothing that protects your piercing while you are sleeping.

Showers tend to be safer than taking baths, as bathtubs can harbor bacteria.

## Cleaning solution

non-iodized sea salt mixture: dissolve ¼ teaspoon of non iodized (iodine free) sea salt into one cup of (250ml/8oz) of distilled water or bottled water. A stronger mixture is not better, a saline solution that is too strong and irritate a new piercing.

## Cleaning instructions for body piercings

**WASH** your hands thoroughly prior to cleaning or touching your piercing for any reason

**SALINE** soak for five minutes one or more per day. A brief rinse afterward will remove any residue.

**SOAP** no more than once or twice a day. While showering, lather up soap to clean the jewelry and the piercing.

**RINSE** thoroughly to remove all traces of the soap from the piercing.

**DRY** by gently patting with a clean, disposable paper towel. Cloth towels can harbor bacteria and snag on jewelry, causing injury.

## What to Avoid

Avoid cleaning with Betadine®, alcohol, hydrogen peroxide, Dial® or other harsh soaps.

Avoid ointments as they prevent necessary air circulation.

Avoid Bactine® and other products containing Benzalkonium Chloride (BZK).

Avoid over-cleaning. This can delay your healing and irritate your piercing

Avoid trauma such as friction from clothing, 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 all oral contact and contact with others bodily fluids on or near our piercing during healing.

Avoid stress and recreational drug use, including excessive caffeine, nicotine and alcohol

Avoid submerging the piercing in lakes, pools, hot tubs, etc. Or, protect your piercing using a waterproof wound-sealant bandage (such as 3M™ Nexcare™ Clean Seals). These are available at most drugstores.

Avoid all beauty and personal care products on and around the piercing including cosmetics, lotions and sprays.

Don't hang charms or any object from your jewelry until the piercing is fully healed.

## What is normal?

Initially: some bleeding localized swelling, tenderness or bruising.

During healing: some discoloration, itching, secretion of a whitish-yellow fluid (not puss) that will form some crust on the jewelry. The tissue may tighten around the jewelry as it heals.

Once healed: the jewelry may not move freely; do not force it. If you fail to include cleaning your piercing as a part of your daily hygiene routine, normal but smelly bodily secretion may accumulate.

A piercing may seem healed before the healing process is complete. This is because tissue heals from the outside in, and although it feels fine, the interior remains fragile. Be patient, and keep cleaning throughout the entire healing period.

Even healed piercing can shrink or close after having been there for years! This varies for everyone; if you like your piercing, keep jewelry in.

**Don't hesitate contact your piercer for any question you may have 514-723-2676**

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**Disclaimer:** These guidelines are based on a combination of vast professional experience, common sense, research, and extensive clinical practice. This is not to be considered a substitute for medical advice from a doctor. If you suspect an infection seek medical attention. Be aware that many doctors have not received specific training regarding piercing. Your local piercer may be able to refer you to a piercing-friendly medical or dental professional. For more information, see the APP Brochure *Troubleshooting For You and Your Healthcare Professional*.

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