PIERCING AFTERCARE.

Daily care for external piercings

01 / YOUR EVERYDAY ROUTINE

01

Clean hands first

Wash your hands before cleaning or touching the piercing.

02

Keep the saline simple

Use packaged sterile wound-wash saline: 0.9% sodium chloride and water, without additives. Skip homemade salt mixtures, contact-lens solution, eye drops, and nasal products.

03

Be gentle, then dry

Rinse gently; soften debris rather than picking it. Pat dry with clean, disposable gauze. Avoid fabric towels that can snag.

04

Let it rest

Leave jewelry still. Do not twist, spin, or over-clean.

Skip the irritation

Keep alcohol, peroxide, harsh soaps, ointments, and cosmetics away. Avoid swimming or soaking, friction, tight clothing, and contact with others' body fluids while healing.

Avoid sleeping on healing ear cartilage; keep pillowcases and items touching it clean. Ask Sammy for guidance specific to genital piercings, surface anchors, or other placements.

Healing takes patience

Early tenderness, mild swelling, bruising, and pale crusting can occur. Looking healed does not mean the inner channel is ready. Keep caring for it throughout healing.

Keep jewelry in. Have a qualified piercer check the fit and perform any needed downsizing or changes during healing.

Oral piercing? Use the additional instructions on page 2. Read both pages before filing this guide away.

Full body-care guidance: safepiercing.org/aftercare/

CHECK IN. HEAL WELL.

Oral piercings, getting help, and staying in touch

02 / INSIDE THE MOUTH

• Brush gently with a soft toothbrush twice daily and floss daily. Carefully clean the jewelry to prevent plaque buildup.

• Rinse with clean water after eating, drinking, or smoking. Choose mouth rinse without alcohol or hydrogen peroxide, and avoid excessive use.

• For the outside of a lip piercing, use the external-care routine. Wound-wash saline is not a mouth rinse.

• Avoid playing with or biting jewelry, wet kissing, oral sex, and sharing utensils during healing. Smoking and vaping can delay healing. See your piercer about downsizing after swelling settles; contact a dentist for tooth or gum problems.

Get medical care promptly

Increasing pain, heat, marked swelling, spreading redness or darkening, pus, fever, chills, or feeling unwell need prompt medical assessment. If infection is suspected, seek medical care rather than waiting for a message reply. Leave jewelry in unless a clinician tells you to remove it.

URGENT / EMERGENCY

Trouble breathing or swallowing, or rapidly increasing mouth or tongue swelling: call 911 or seek emergency care now.

Questions for the studio?

Call (317) 763-9774 or message @sammystabbs on Instagram for jewelry-fit and routine-care questions.

General education, not a diagnosis or a substitute for medical care. Follow individual instructions from your treating clinician.

SOURCES & FULL GUIDANCE

APP: Body piercing aftercare - safepiercing.org/aftercare/

APP: Oral piercing aftercare - safepiercing.org/oral-aftercare/

NHS: Infected piercings - www.nhs.uk/conditions/infected-piercings/

American Dental Association: Oral piercings - www.mouthhealthy.org/all-topics-a-z/oral-piercings

Original Atomic Tattoo summary. Referencing APP guidance does not imply APP membership or endorsement.