



AFTER CARE AND RECOMMENDATIONS

The factors of a piercing go far beyond choosing the jewelry and the shop. Piercings require constant care of suitable hygiene, as sepsis and infections are the largest risk in the healing process. Failure to properly care for your piercing can lead to complications that are unavoidable by even the best professional.

CORRECT AFTER CARE INCLUDES THE FOLLOWING:

PIERCING – NAVAL, NOSE, CARTILAGE, SEPTUM, LOBE, TRAGUS, INDUSTRIAL, EYEBROW, & NIPPLE

- ✓ Wash the pierced region with saline 3 times daily for at least 20 days. Dry with paper towels.
- ✓ Do not wear tight clothing and be cautious of sudden movements that can upset a naval piercing for at least 30 days or until the piercing is fully healed.
- ✓ Avoid bumping the piercing, touching it with dirty hands, and applying moisturizers and make-up to the area until fully healed.
- ✓ Avoid exposure to sun and swimming in pools, saunas, or the ocean for at least 30 days.
- ✓ Wait at least 2 months to perform the first jewelry exchange, 6 months for the naval.

ORAL PIERCINGS – TONGUE, LIPS, GUMS, ETC.

- ✓ DO NOT DRINK ALCOHOL FOR AT LEAST 30 DAYS!
- ✓ Always rinse with alcohol-free mouthwash immediately after eating, drinking, or smoking for at least 30 days.
- ✓ Avoid playing with your piercing or talking excessively for at least 30 days.
- ✓ Use ice or cold water for swelling.
- ✓ Wait at least 2 months to perform the first jewelry exchange.

GENITAL PIERCINGS –

- ✓ NO SEX FOR AT LEAST 30 DAYS!
- ✓ Wash the pierced region with saline 3 times daily for at least 20 days. Dry with paper towels.
- ✓ Wait at least 2 months to perform the first jewelry exchange.
- ✓ Avoid bumping the piercing, touching it with dirty hands, and applying moisturizers and make-up to the area until fully healed.
- ✓ Avoid exposure to sun and swimming in pools, saunas, or the ocean for at least 30 days.

ATTENTION:

THE HEALING PROCESS VARIES DEPENDING ON THE PIERCING, THE BODY, AND THE AFTERCARE PREFORMED. AVOID FOODS YOU ARE ALLERGIC TO OR DON'T EAT OFTEN. THE USE OF DRUGS AND ALCOHOL HEAVILY HINDERS THE HEALING PROCESS. SWELLING, REDNESS, DISCHARGE AND/OR PEELING ARE NORMAL SIDE EFFECTS. CONTACT YOUR PIERCER IMMEDIATELY AT THE SLIGHTEST SIGN OF A PROBLEM. DO NOT REMOVE JEWELRY OR APPLY MEDICINES.

Piercing Date: _____

Return Date: _____

Professional: MARIANA DOMENES



@MARIANADOMENES

619-997-8651