

## PIERCING AFTERCARE

### EAR/ EAR CARTILAGE/ AND FACIAL

- CLEAN GENTLY 2X A DAY WITH STERILE SALINE (.09% SODIUM CHLORIDE)
- KEEP PIERCING DRY AT ALL TIMES
- TAKE IBUPROPHEN TO REDUCE PAIN AND SWELLING
- CHECK UP IN 4-6 WEEKS

### ORAL

- USE ANTIBACTERIAL ALCOHOL FREE MOUTHWASH FOR 30 SECONDS AFTER MEALS AND BEFORE BED (NO MORE THAN 4-5 TIMES DAILY)
- CHECK UP IN 2-3 WEEKS

### WHATS NORMAL

- INITIALLY: SOME BLEEDING, SWELLING, TENDERNESS, OR BRUISING
- SECRETION OF WHITE OR YELLOW FLUID THAT FORM CRUSTIES
- PIERCING MAY SEEM HEALED BEFORE THE HEALING PROCESS IS COMPLETE. TISSUE HEALS FROM THE OUTSIDE IN.

### WHAT TO AVOID

- AVOID USING HYDROGEN PEROXIDE AND RUBBING ALCOHOL
- AVOID TOUCHING AND SLEEPING ON YOUR PIERCING AS IT CAN CAUSE YOUR PIERCING TO MIGRATE AND IRRITATION BUMPS)
- AVOID BUMPING OR SNAGGING YOUR PIERCING
- AVOID SUMBERGING YOUR PIERCING IN DIRTY WATER (POOLS, JACUZZI, OCEAN, LAKES)