

Ear, Nose, Navel, Eyebrow, Bridge, Nipple, Septum

- Wash your hands before touching the piercing.
- Clean the front and back of the piercing with sterile saline solution 1- 2 times a day, and then dry the area with a clean tissue or blow dryer in cold setting.
- Keep your piercing away from your hair, chemicals, make-up, headphones, perfumes, soaps, others body fluids, and pets.
- Stay away from swimming pools, saunas, Jacuzzis and dusty environments. Shower as normal but rinse the piercing ONLY with warm water in the end.
- Wear breathable, loose, clean clothes over your piercings.
- For facial/ear piercings avoid sleeping on them and change your pillowcase often to avoid encountering bacteria while you sleep.

Lip, Tongue, Smiley, Cheeks

- Maintain good oral hygiene – get a new toothbrush and brush teeth and tongue twice a day and floss! Have a bottle of cold water always with you and flush your mouth after every meal.
- In the case of lip and cheek piercings, you can use sterile saline solution to clean the outside part of the piercing.
- Avoid spicy foods, alcohol, or hot foods – this can irritate the piercing and cause more swelling! Eat soft foods for the first 10 days, eat slowly and drink cold drinks – it will help with the swelling.
- Avoid kissing and oral sex, smoking/vaping, biting your nails, talking too much or playing with the piercing!

Genital

- Wash your hands before touching the piercing.
- Wash the area with intimate soap and rinse well with lukewarm water 1- 2 times a day.
- Maintain good hygiene, sexual activities should be gentle and clean.
- Wear condoms, waterproof bandages, and other barriers, to avoid contact with your partners bodily fluids for the first month.
- Do not use saliva as a lubricant, use water-based lube instead.
- After sex make sure to rinse with saline solution or intimate soap and warm water.

Buy ready-made sterile saline solution in pharmacy, don't mix at home!

Come in for a checkup after **1 month**- for an update on how the piercing is healing!

If you think you might have an infection, it is advised to leave the jewelry in and contact your doctor immediately!