Studio name _____

Oral piercing aftercare instructions

Caring for your new piercing

These steps follow the Association of Professional Piercers (APP). Your piercer's instructions come first.

Cleaning

- Wash your hands before you touch the piercing.
- Rinse with sterile saline wound wash. The label should list 0.9% sodium chloride as the only ingredient.
- Don't use home-mixed sea salt, contact lens saline, eye drops or nasal spray.
- Pat it dry with clean, disposable gauze or a paper towel. Cloth towels can snag the jewelry.
- You don't need to turn or move the jewelry while cleaning.

What to avoid

- Alcohol, hydrogen peroxide, antibacterial soaps, iodine and other harsh products.
- Ointments, and products with benzalkonium chloride (BZK), such as some ear care solutions.
- Cleaning too often, playing with the jewelry, and friction from clothing.
- Makeup, lotions and sprays on or near the piercing.
- Baths, pools, hot tubs, lakes and the ocean while it heals. Showers are better than baths.

What's normal

Some bleeding, swelling, tenderness or bruising at first, then itching and a whitish-yellow fluid that dries on the jewelry. A piercing can look healed before it is.

Jewelry

Keep the jewelry in. A piercing can shrink or close fast without it. Many piercings need shorter jewelry once the swelling goes down; come back for a downsize when your piercer says.

When to see a doctor

If you think it's infected, see a doctor, and ask them before you take the jewelry out.