

Piercing Aftercare

Agaru Tattoo & Body Piercing

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What to Expect

For the first few days, soreness, redness, bruising, swelling, and bleeding are all normal.

As your piercing heals you will notice a yellowish discharge that will form a crusty buildup around the jewelry. This discharge is lymph- in short, it is your body's way of clearing waste from the piercing as it heals. These “crusties” are a sign of normal healing.

It is common for the piercing to itch as it heals. It is important to avoid scratching or picking at it.

A piercing may seem to be healed before it actually is. The majority of healing occurs beneath the surface of the skin. It is important to keep up aftercare for the full healing period. Be patient!

Cleaning Your Piercing

A healing piercing should be cleaned two or three times a day using packaged sterile saline made for wound wash. Soak your piercing with saline for 3-5 minutes, either by saturating a small piece of sterile gauze and holding it up to the area, or by spraying it directly onto the piercing. These soaks will irrigate and flush out the piercing and soften the dried crusties. After soaking, use a damp Q-tip to gently wipe away the discharge. Soak and clean your piercing as needed but avoid over cleaning- too much can irritate the tissue and delay healing.

DO NOT use any other products on your piercing. Common first aid products (such as Peroxide, Bactine, Neosporin, ect.) are meant for disinfecting minor scrapes and cuts, not for long term care of a puncture wound like a piercing. These type of products will do more harm than good to a healing piercing.

When showering, try to avoid rubbing any body wash or other products directly into the piercing, and be sure to thoroughly rinse away anything that runs over the area. Do not use loofahs or wash cloths near the piercing and dry it gently with clean, disposable paper products; avoid cloth towels.

For Oral Piercings

Rinse after eating, drinking anything besides water, and smoking with a mild, alcohol-free mouthwash.

What Not to Do

Avoid touching your piercing throughout the day. Dirty hands can introduce bacteria and picking at or playing with the jewelry can cause irritation, scarring, delayed healing, and other issues. Always wash your hands before touching your piercing for any reason.

Do not twist, turn, or move the jewelry back and forth, even during cleaning.

Avoid submerging the piercing in any body of water (baths, hot tubs, pools, lakes, rives, the ocean, ect.) until it is fully healed.

Watch out for cosmetics such as makeup, hairspray, lotions, ect. Keep them out of the piercing!

Avoid bumps, snags, and pressure/rubbing as much as possible. Accidents happen but you should aim to always be aware of the piercing and keep it out of harm's way. Depending on the location of your piercing you may need to make adjustments in your daily activities to help protect it.

Avoid clothing and accessories that may catch, rub, or put excessive pressure on the jewelry.

Avoid any other person's bodily fluids, such as saliva, getting on the piercing during healing, even those in monogamous relationships.

Swelling in Fresh Piercings

Swelling is expected in some areas more than others, most noticeably in oral piercings, but can happen in all fresh piercings. Initial jewelry is generally sized to accommodate for this, but if you feel that you have swollen to a point that the jewelry is beginning to feel tight and press against the tissue you may need to stop back in for a longer bar.

Swelling can be managed with an over the counter anti-inflammatory such as Ibuprofen, ice or cold compresses, and elevation of the area. For ear, facial, and oral piercings it is recommended to sleep with the head elevated as much as possible for the first week or two as laying flat can increase swelling. Hot, spicy, or acidic foods can also lead to irritation and increased swelling in oral piercings and should be avoided during the first week.

Take Care of Your Body

The best thing you can do for your piercing is taking good care of your overall health- the healthier you are, the easier it will be for your body to heal the piercing. Try to get plenty of sleep, eat a nutritious diet, and avoid stress. Exercise during healing is fine as long as you are avoiding any direct trauma to the piercing.

This aftercare sheet should be your main resource throughout the healing process. Should you have any additional questions or run into an issue that is not addressed here, please contact me at victoriouspiercing@gmail.com or stop into the studio. Check ups are always welcome and encouraged!

Piercing _____

Jewelry _____

Expected Healing Period _____