Piercing Aftercare

* Avoid unnecessarily touching your piercing. Do not pick it or move it.
* Keep hair away from ear piercings to avoid snagging and injury.
* Always wash your hands before cleaning or touching your piercing.
* Clean piercing with a saline solution and a Q-tip.
* Clean the piercing twice a day. Avoid over cleaning.
* Oral piercings should be rinsed with mild alcohol-free mouth wash.
* Avoid submerging new piercing in lake, pool, hot tub, etc.
* Polyps can appear on new piercings due to accidentally bumping the site.
* Avoid drinking alcohol for 4-5 days after piercing to avoid increased swelling and bleeding.
* Do not remove jewelry until the recommended time your piercer advised has passed.
* We recommend having your jewelry downsized once swelling and pain has subsided to promote healing and prevent complications.
* If you have any questions or concerns with your new piercing, please contact your piercer right away.

**Piercing Healing Times**

**EAR**

* Lobes: 6-10 weeks
* Helix: 6-12 months
* Tragus: 1-6 months
* Anti-Tragus: 6-12 months
* Inner Conch: 6-12 months
* Outer Conch: 6-12 months
* Daith: 3-6 months
* Snug (Anti-Helix): 6-12 months
* Auricle: 3-9 months
* Rook: 6-12 months

**Nipple**

* Female: 6-12 months
* Male: 4-8 months

**Navel**

* Navel: 6-12 months

**FACIAL**

* Eyebrow: 6-8 weeks
* Nostril: 3-6 months
* Septum: 1-3 months
* Lip: 6-8 weeks
* Tongue: 2-6 weeks
* Anti-eyebrow: 6-8 weeks
* Rhino: 6-9 months
* Nasallang: 4-6 months
* Nose Bridge: 8-12 weeks
* Cheek: 6-12 months

**Female Genital**

* Vertical Clitoral Hood (VCH): 4-8 weeks
* Horizontal Clitoral Hood: (HCH): 6-8 weeks