Nipple:
• The support of a tight cotton shirt or sports bra may provide protection and feel comfortable, especially for sleeping.

Genital:
• Genital piercings—especially triangles, prince alberts, ampallangs, and apadravyas—can bleed freely for the first few days. Be prepared.
  - Additional cleaning after urination is not necessary.
  - Wash your hands before touching on (or near) a healing piercing.
  - In most cases you can engage in sexual activity as soon as you feel ready, but maintaining hygiene and avoiding trauma are vital; all sexual activities should be gentle during the healing period.
  - Use barriers such as condoms, dental dams, and waterproof bandages, etc. to avoid contact with your partners’ body fluids, even in long-term monogamous relationships.
  - Use clean, disposable barriers on sex toys.
  - Use a new container of water-based lubricant; do not use saliva.
  - After sex, an additional saline soak or clean water rinse is suggested.

Surface Anchors:
• These piercings require maintenance during their entire lifetime because matter can build up underneath the threaded top causing the piercing to become irritated.
  - Saline and/or shower rinses may be helpful with removing matter from underneath the threaded top.
  - Avoid putting makeup on these piercings even after healing.
  - Even with proper care, surface anchors may be less permanent than other body piercings.

Your ____________________________ piercing is expected to take ____________________________ or longer to heal.

Piercer: ____________________________
Jewelry: ____________________________

Earliest Change/Downsize Date: ____________________________

For any additional information contact your piercer.

This brochure is courtesy of the APP &

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Disclaimer: These guidelines are based on a combination of vast professional experience, common sense, research, and extensive clinical practice. This is not to be considered a substitute for medical advice from a doctor. If you suspect an infection, seek medical attention. Be aware that many doctors have not received specific training regarding piercing. Your local piercer may be able to refer you to a piercing-friendly medical professional. For more information, see the APP Brochure Troubleshooting For You and Your Healthcare Professional.

Use of this brochure does not imply membership in the APP. A current list of APP members can be found at safepiercing.org. False claims of membership should be reported to the APP.

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2016 Edition
WHAT IS NORMAL?

Initially: some bleeding, localized swelling, tenderness, and/or bruising.

During healing: some discoloration, itching, secretion of a whitish-yellow fluid (not pus) that will form some crust on the jewelry. The tissue may tighten around the jewelry as it heals.

Once healed: the jewelry may not move freely in the piercing; do not keep jewelry in—do not leave the hole empty.

Even healed piercings that you have had for years can shrink or close in minutes! This varies from person to person; if you like your piercing, keep jewelry in—do not leave the hole empty.

WHAT TO DO

• Wash your hands prior to touching the piercing; leave it alone except when cleaning. During healing it is not necessary to rotate your jewelry.
• Exercise during healing is fine; listen to your body.
• Make sure your bedding is washed and changed regularly. Wear clean, comfortable, breathable clothing that protects your piercing while you are sleeping.
• Showers tend to be safer than taking baths, as bathtubs can harbor bacteria. If you bathe in a tub, clean it well before each use and rinse off your piercing when you get out.

WHAT TO AVOID

• Avoid cleaning with alcohol, hydrogen peroxide, Dial® or other soaps containing triclosan, iodine, or any harsh products, as these can damage cells. Also avoid ointments as they prevent necessary air circulation.
• Avoid Bactine®, pierced ear care solutions, and other products containing Benzalkonium Chloride (BZK). These can be irritating and are not intended for long-term wound care.
• Avoid over-cleaning. This can delay your healing and irritate your piercing.
• Avoid undue trauma such as friction from clothing, excessive motion of the area, playing with the jewelry, and vigorous cleaning. These activities can cause the formation of unsightly and uncomfortable scar tissue, migration, prolonged healing, and other complications.
• Avoid all oral contact, rough play, and contact with others' bodily fluids on or near your piercing during healing.
• Avoid stress and recreational drug use, including excessive caffeine, nicotine, and alcohol.
• Avoid submerging the piercing in unhygienic bodies of water such as lakes, pools, hot tubs, etc. Or, protect your piercing using a waterproof wound-sealant bandage (such as 3M™ Nexcare™ Clean Seals or Tegaderm). These are available at most drugstores.
• Avoid all beauty and personal care products on or around the piercing including cosmetics, lotions, and sprays, etc.
• Don’t hang charms or any object from your jewelry until the piercing is fully healed.

TO STAY HEALTHY

• The healthier your lifestyle, the easier it will be for your piercing to heal.
• Get enough sleep.
• To help healing and bolster your ability to fight infection eat a nutritious diet.¹ If you don’t, consider taking nutritional supplements daily.

CLEANING INSTRUCTIONS FOR BODY PIERCINGS

• WASH your hands thoroughly prior to cleaning or touching your piercing for any reason.
• SALINE rinse as needed while healing. For certain piercings it may be easier to apply using clean gauze saturated with saline solution.
• If your piercer suggests using soap, gently lather around the piercing and rinse as needed. Avoid using harsh soaps, or soaps with dyes or fragrances.
• RINSE site as needed to remove cleaning solution residue. Moving or rotating jewelry is not necessary during cleaning or rinsing.
• DRY by gently patting with clean, disposable paper products. Cloth towels can harbor bacteria and snag on jewelry causing injury.

CLEANING SOLUTIONS

• Packaged sterile saline (with no additives, read the label) is a gentle choice for piercing aftercare. If sterile saline is not available in your region a sea salt solution mixture can be a viable alternative. Dissolve 1/8 to 1/4 teaspoon (.75 to 1.42 grams) of non-iodized (iodine free), fine-grain sea salt into one cup (8 oz. / 250ml) of warm distilled or bottled water. A stronger mixture is not better; salt solution that is too strong can irritate the piercing.

PACKAGED STERILE SALINE

Showers tend to be safer than taking baths, as bathtubs can harbor bacteria. If you bathe in a tub, clean it well before each use and rinse off your piercing when you get out.

HOW TO USE

1. Fill a cup with warm distilled or bottled water.
2. Add 1/8 to 1/4 teaspoon (.75 to 1.42 grams) of non-iodized (iodine free), fine-grain sea salt (or grain sea salt into one cup (8 oz. / 250ml) of warm distilled or bottled water.
3. Gently mix until the salt has dissolved.
4. Rinse (or saturate gauze) and apply to the piercing.

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