

# AFTERCARE GUIDE FOR YOUR NEW PIERCING



**PARK AVENUE**  
+ TATTOO STUDIO +

## Congratulations on your new piercing!

To help your piercing heal properly, adhere to these aftercare instructions:

### Healing Phases:

- ✿ Week One - Inflammatory: Swelling, redness, and clear fluid are normal
- ✿ Weeks Two to Four - Healing: Yellow crusts may form; do not pick them. Begin warm soaks
- ✿ Week Five - Maturation: Redness should mostly subside, but continue cleaning the piercing
- ✿ Week Six - Downsizing: Visit us as we may need to change the jewelry

### Oral Piercing:

- ✿ Use an alcohol-free mouth rinse twice (2) daily at most; Oral-B is recommended
- ✿ Follow facial aftercare for lip piercings
- ✿ Consume ice and cold drinks during healing
- ✿ Swelling is normal for up to two (2) weeks
- ✿ Eat soft foods during the initial healing phase
- ✿ Rinse with cold water after every meal
- ✿ Do not play with the jewelry at all
- ✿ Downsize jewelry in four (4) to six (6) weeks
- ✿ Healing can take up to three (3) months

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## Facial & Torso Piercings:

- ✿ Soak the area twice (2) daily with warm saline solution. (Contact lens solution works similarly)
- ✿ For navel/nipple piercings, use a half-filled shot glass; for others, use makeup remover pads
- ✿ Alternatively, spray the area four (4) times daily with H2Ocean saline spray
- ✿ Rinse off excess saline in the shower
- ✿ Do NOT turn or twist the jewelry, and do not pick at the crusts

## Genital Piercing:

- ✿ Follow the torso aftercare instructions
- ✿ Bleeding is normal for up to one (1) week
- ✿ No unprotected sexual intercourse during healing
- ✿ Sexual intercourse can resume when comfortable (four (4) to six (6) weeks)
- ✿ Shower before and after having sexual intercourse during healing
- ✿ Jewelry downsizes after six (6) weeks
- ✿ The piercing may take up to six (6) months to fully heal and settle

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## Anchors:

- ✿ Apply ice for the first twenty-four (24) to forty-eight (48) hours
- ✿ Use Lasonil anti-bruising cream on red areas twice (2) daily for three (3) days
- ✿ Do not pick at crusts or blood
- ✿ Let the area dry out; do not cover it
- ✿ Be very careful not to catch the anchor
- ✿ Anchors typically heal in two (2) to three (3) weeks
- ✿ Do not change the head yourself

## Surface Piercing:

- ✿ Follow torso aftercare
- ✿ Many surface piercings can take up to six (6) to eight (8) months to fully heal
- ✿ Be careful not to bump or catch the piercing

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## Considerations:

- ✿ Gold and sterling silver are not recommended for the first six (6) months
- ✿ Sleeping on or bumping your piercing will slow healing and may cause lumps
- ✿ Hot chamomile tea bag compresses can reduce bumps and increase blood flow
- ✿ Constantly playing with oral piercings can cause tearing and white, bumpy scar tissue
- ✿ Saline rinses, Aspro Clear, and honey can help reduce bumps
- ✿ Avoid harsh products like alcohol wipes, Dettol, Betadine, or Listerine

If you have any questions or concerns, please don't hesitate to reach out.  
Thank you for your trust and support!