

# Piercing aftercare.

A simple routine. A little patience. Give your piercing the care and time it needs to settle and heal.

## 01 Clean gently, once or twice daily

Wash and dry your hands first. Use a sterile 0.9% sodium chloride wound wash with no additives, such as NeilMed Piercing Aftercare, available in the studio. Sterile single-use saline pods are another option. Follow the product instructions and keep the nozzle away from your skin.

## 02 Soften, rinse and dry

Let saline or clean running shower water soften any crust. Gently clear away only loose debris; do not pick, scrape or force it off. Pat dry with clean disposable gauze or kitchen roll. Rinse away any shampoo or soap residue after showering. Avoid over-cleaning.

## 03 Leave the jewellery alone

Do not twist, spin, slide or play with it, including while cleaning. Keep the initial jewellery in during healing unless your piercer needs to change its fit. Return for the check-up and any downsize your piercer recommends; do not attempt this yourself.

## 04 Keep products simple

Avoid homemade salt mixes, contact-lens solution and eye drops. Do not use surgical spirit, hydrogen peroxide, TCP, Dettol, Savlon, tea tree or lavender oil. Avoid creams, ointments and antiseptics unless a clinician has prescribed them for a diagnosed problem.

### YOUR PIERCING PLAN

Piercing: \_\_\_\_\_ Date: \_\_\_\_\_

Review / downsize appointment: \_\_\_\_\_

### HEALING / WHEN TO ASK FOR HELP

# Let it heal.

Healing time depends on placement and varies from person to person. Looking settled on the outside does not mean it is fully healed inside.

#### PROTECT IT

Avoid pressure, friction and snagging. Do not sleep directly on a healing ear piercing. Keep bedding, phones and headphones clean. Keep cosmetics and sprays away.

#### KEEP IT CLEAN

Choose showers over baths. Avoid swimming and soaking in pools, lakes, the sea or hot tubs while healing. Avoid oral contact and other people's body fluids on the piercing.

## What can be normal

Some early tenderness, local swelling, bruising or light bleeding can occur. Small amounts of clear or pale whitish-yellow fluid may dry into a crust. Mild symptoms should settle; worsening symptoms need advice. Fluid colour alone cannot tell you whether there is an infection.

## When to call the studio

Call 01539 722900 about persistent bumps, irritation, loose attachments or jewellery that feels too tight. Ask your piercer how to check your particular jewellery safely. If it starts sinking into the skin, seek prompt professional assessment; do not force it out.

## When to get medical help

Ask for an urgent GP appointment or contact NHS 111 if you suspect infection: increasing pain, heat, swelling, spreading redness or darkening, pus, fever, chills or feeling unwell. Seek prompt medical advice for a painful, hot, swollen cartilage piercing. Do not wait for a studio reply.

Leave the jewellery in unless a doctor tells you to remove it. Call 999 if swelling causes difficulty breathing or swallowing.

Placement matters. This guide covers external skin care. Mouth and genital piercings need additional, site-specific instructions from your piercer.

Guidance checked 20 October 2026. References: Association of Professional Piercers: Aftercare and Troubleshooting; NHS: Infected piercings. Cleaning and jewellery-handling advice follows APP guidance.