

TIMELESS INK

Congratulations on Your New Piercing!

Below are a few important tips to help ensure you have the best healing experience possible.

Piercing After-Care Instructions:

The Less You Touch, the Better!

Other than to clean your new piercing, it's best not to touch it when it's healing to help speed the healing process. *This includes jewelry changes, spinning the top if it's a dermal piercing or moving the barbell up and down. Rotating or playing with your piercing jewelry can cause keloid bumps to form that may be permanent. When in doubt, always listen to your piercer in terms of when the earliest jewelry change should occur.*

Cleaning Your Piercing:

You can use saline, salt water (sea salt only), Xpressions spray and/or mouthwash to clean a fresh piercing. Use a Q-tip or cotton pad to clean external piercings – *always watch for cotton getting caught in the piercing.* Use mouthwash or Xpressions Spray for oral piercings – *rinse for 30 seconds and spit, repeat if necessary.* For genital piercings, always maintain proper hygiene and rinse with saline or clean water after sex. Gently pat your piercing(s) dry after rinsing. Clean Your Piercings 2-3 times a day but watch for irritation. *Remember, there is such a thing as overcleaning.* Avoid cleaning your piercing with alcohol or any harsh products as they can cause irritation. ***Always wash your hands prior to cleaning and/or handling your piercing(s).***

Keep Your Piercings Clean...

Avoid prolonged soaking this means no long showers or baths and no swimming in lakes, hot tubs, or saunas. The only exception to this rule is swimming in saltwater as the salt will disinfect the piercing. Always make sure to rinse well in the shower to avoid contact with scented soaps and shampoos and avoid irritation. We all love our pets however please avoid animals in close contact with your new piercing as pet hair can cause infection.

What to Avoid During the Healing Process:

Using makeup or scented beauty products around the piercing(s) can cause buildup and/or infection or irritation. For oral piercings avoid smoking marijuana and/or cigarettes including vapes. Avoid any trauma to the area of the piercing – this includes friction from clothing, exercise and rough sexual intercourse. Please wait for your piercing to heal completely before changing the jewelry to prevent infection.

Healing Time for Your Piercing

Healing times vary greatly on different areas of the body.

Based on your piercing, it is expected to take _____ or longer to heal.

Your current jewelry size is _____.

What is Normal During the Healing Process?

Bleeding, bruising swelling, redness and increased sensitivity are all normal parts of the healing process.

The greatest amount of swelling occurs anywhere between 48-72 hours after getting your piercing.

The jewelry used for your piercing is initially longer than it needs to be to give proper room for swelling.

Piercings that have no breathing room can cut off circulation and cause infection.

Light bruising and discoloration accompanied with the secretion of lymph (*whitish yellow fluid – not pus*) and crusting is normal throughout the healing process.

For genital piercings, bleeding can occur freely between 2-3 days afterward.

Even after your piercings have healed, make sure to clean them regularly to avoid regular buildup leading to infection.

Still Not Sure if Your New Piercing is Healing Properly?

Please call us, send us a picture by email or stop by if you have any questions about the healing process of your piercing and if any problem persists or worsens, please visit your doctor or nearest E.R.

Remember to Enjoy Your New PIERCING!

