



## **PIERCING AFTER CARE**

### **NON ORAL PIERCINGS (NAVEL, LIP, ETC.)**

Wash piercing with Hibiclens or Dial Gold Liquid soap 3 times a day for 3-4 weeks. Scrub all build up off the jewelry, once the jewelry is completely clean you may rotate jewelry. Do not rotate Jewelry any other time while healing. After 3-4 weeks you may swap jewelry unless advised different by the piercer.

### **TONGUE PIERCINGS**

Rinse mouth with Listerine 4 times a day for 10 days. DO NOT RINSE MORE THAN 4 TIMES A DAY! Eat, drink, and talk like you did before the piercing. Do not baby it. The more you baby it, the longer it will take to recover. Take an anti-inflammatory for swelling. After 10 days you may switch to other jewelry.

### **DERMAL PIERCINGS**

Wash piercing 3-4 times a day with Hibiclens or Dial Gold liquid soap. Clean the piercing thoroughly to get build up from under the head. Only cover it before going to bed for the first 4 nights when going to bed (band-aid works best). After a month and a half you may switch the top.

Any questions on cleaning or advice please contact your piercer. Thanks!