

Your \_\_\_\_\_\_\_\_\_\_\_\_\_\_ piercing

Will take \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to heal

Thank you for getting pierced at Anchors End! Correct aftercare is very important to ensure the proper healing of your new piercing. Here’s what I recommend:

**Non-Oral piercing**: Use a sterile saline wound wash to mist the front and back of piercing twice a day. (Available for sale at Anchors End)

**Oral piercing**: Use the sterile saline to mist the outside of the piercing twice daily. Swish water for thirty seconds after eating,drinking or smoking. If you normally use mouthwash then you’ll want to switch to an alcohol free brand. Do not use mouthwash anymore than you’d normally use on a regular basis. If you normally do not use mouthwash then it is unnecessary to start. Avoid drinking alcohol and spicy foods.

**Other tips**:

-Do not rotate or play with the jewelry.

-If your jewelry is threaded or press fit, check the security of your jewelry with clean hands regularly to ensure the top stays on.

-Hot water flushes for 1-2 minutes at the end of your shower are a great way to gently remove any “crusties” and to prevent irritation bumps.

-Coming back to the shop and downsizing the jewelry is vital for the continued healing of your piercing. Oral piercings can be downsized in 7-10 days. Non-oral piercings can be downsized in 3-6 weeks. This will keep your piercing from swelling back up or healing at an improper angle.

-Do not sleep on your piercing.

-Do not use dry q-tips or cotton balls on the piercing. The fibers will stick and cause irritation.

-Do not submerge it (pools, hot tubs, lakes, bathtub) for four weeks.

-Do not use alcohol, hydrogen peroxide, creams or ointments.

**Normal healing**: Piercing site will experience slight redness, swelling, discharge of a cloudy fluid which will create “crusties”, and minimum bleeding or bruising.

**Not normal healing**: Excessive redness, swelling, dark discharge, and foul odor are all not normal.

Please feel free to contact me via email with any concerns! tmadpierces@gmail.com