

PIERCING AFTERCARE

Step-by-step care for external body piercings

BASIC CLEANING ROUTINE

1 WASH YOUR HANDS

Use soap and running water before touching the area or handling any aftercare product.

2 RINSE

During your regular shower, let clean warm water run over the piercing. Do not scrub and do not force off dry crust.

3 CLEAN

Use **one** of the main aftercare options below. Spray the piercing site without twisting or rotating the jewelry.

AFTER CLEANING

4 REMOVE ONLY SOFTENED BUILDUP

If needed, gently lift away loosened crust with clean disposable gauze. Never pick at attached crust.

5 DRY

Pat dry with clean disposable gauze or a paper product. Avoid reusable cloth towels.

6 LEAVE IT ALONE

Do not twist, spin, rotate, squeeze, pick at, or play with the jewelry.

CHOOSE ONE MAIN AFTERCARE OPTION

- **Standard option:** packaged sterile isotonic saline wound wash. The label should list water and **0.9% sodium chloride** only. Use 1-2 times daily unless your piercer directs otherwise.
- **H2Ocean option: H2Ocean Piercing Aftercare Spray.** Spray directly on the piercing and allow it to air dry. Follow the product label and your piercer's directions. This product contains purified water, Red Sea salt, lysozyme, and sodium citrate; it is not the same as ordinary nasal spray.
- Do not combine several cleansers at every cleaning. More product is not better. Reduce use and contact your piercer if the area becomes increasingly dry, itchy, or irritated.

ABOUT SOAP

- Routine antibacterial soap is **not required**. Ordinary antibacterial, fragranced, or harsh soaps may over-dry and irritate a healing piercing.
- If your piercer specifically recommends **H2Ocean Body Piercing Foam Soap**, use it only as directed, apply gently without scrubbing, rinse it away completely with warm water, and pat dry. Stop using it if irritation develops.

NEVER SUBSTITUTE

- Homemade salt water, contact-lens solution, eye drops, nasal decongestant/moisturizing sprays, or H2Ocean Nasalzyme.
- Alcohol, hydrogen peroxide, iodine, Bactine, Hibiclens, harsh cleansers, essential oils, or ointments unless prescribed by a healthcare professional.

PIERCING AFTERCARE

Protect the piercing throughout the full healing period

PROTECT THE PIERCING

- Leave the initial jewelry in place. Do not change or remove it yourself during healing.
- Return to a qualified piercer for a recommended downsize or any jewelry change.
- Avoid pressure, friction, snagging, tight clothing, vigorous cleaning, and sleeping directly on the piercing.
- Keep pillowcases, phones, headphones, eyeglasses, hats, and anything touching the area clean.
- Showers are preferred. Avoid submerging the piercing in pools, hot tubs, lakes, rivers, and ocean water while healing.

AVOID DURING HEALING

- Cosmetics, lotions, sunscreen, hair products, and sprays on or immediately around the piercing.
- Oral contact, rough play, and contact with another person's body fluids near the piercing.
- Hanging charms or heavy jewelry until fully healed.
- Unnecessary touching. If contact is unavoidable, wash your hands first.
- Over-cleaning. It can cause irritation and delay healing.

WHAT CAN BE NORMAL

- At first: mild bleeding, localized swelling, tenderness, or bruising.
- During healing: mild itching, discoloration, and a small amount of whitish-yellow fluid that dries into crust.
- The piercing may look healed outside while the channel remains fragile inside. Continue care for the full healing period.

CONTACT YOUR PIERCER

- Jewelry feels too tight, becomes embedded, or presses into the skin.
- A bump, persistent irritation, or unexpected swelling develops.
- The jewelry angle changes, tissue becomes thinner, or migration is suspected.
- You need a downsize, jewelry change, or product adjustment.

WHEN TO GET MEDICAL HELP

Contact a healthcare professional promptly if redness, swelling, warmth, or pain is severe, spreading, or increasing; there is a large amount of thick yellow/green/gray or foul-smelling discharge; red streaks, fever, chills, nausea, dizziness, or worsening symptoms develop. For trouble breathing or swallowing, seek emergency care. If infection is suspected, **do not remove the jewelry on your own** - ask a healthcare professional.

PIERCING AFTERCARE

Step-by-step care for tongue, lip, and cheek piercings

INSIDE THE MOUTH

1 WASH YOUR HANDS

Wash thoroughly before touching the piercing or jewelry.

2 RINSE AFTER EATING

Rinse thoroughly with clean bottled or filtered water after every meal and after drinking or smoking.

3 USE AN ORAL RINSE

Use an **alcohol-free and hydrogen peroxide-free** mouth rinse as directed. Do not overuse mouthwash.

4 KEEP YOUR MOUTH CLEAN

Use a new soft-bristled toothbrush. Brush gently and floss daily. Gently clean the jewelry to prevent plaque buildup.

OUTSIDE OF LIP OR CHEEK

1 WASH YOUR HANDS

Wash before touching or cleaning the outside of the piercing.

2 RINSE

During your regular shower, rinse the outside thoroughly with warm water.

3 CLEAN

Use sterile isotonic saline wound wash externally. Spray the piercing without twisting or rotating the jewelry.

4 DRY

Gently remove only softened buildup and pat dry with clean disposable gauze or a paper product.

ORAL AFTERCARE OPTIONS

- Use an alcohol-free, hydrogen peroxide-free mouth rinse or plain clean bottled/filtered water inside the mouth.
- **H2Ocean Healing Rinse** may be used as the oral-rinse option. Swish for 30 seconds, then spit out. Follow the product label and your piercer's directions.
- Use packaged sterile saline wound wash only on the **external** side of lip or cheek piercings. Do not use external saline spray as an internal mouth rinse.

FIRST DAYS AND SWELLING

- For the first 3-5 days, swelling, tenderness, light bleeding, bruising, and a small amount of whitish-yellow secretion can be normal.
- Let small pieces of clean ice dissolve in your mouth. Cold foods and drinks may feel soothing.
- Sleep with your head elevated for the first few nights and limit unnecessary talking or movement of the jewelry.
- When swelling subsides, return to your piercer for the recommended downsize. A qualified piercer should change the initial longer jewelry.

AVOID DURING HEALING

- Alcohol- or hydrogen peroxide-containing mouthwash.
- Playing with the jewelry, excessive talking, gum, tobacco, fingernails, pens, or other objects in the mouth.
- Wet kissing, oral sexual contact, and sharing cups, plates, or utensils.
- Spicy, salty, acidic, or very hot foods and drinks during the first two weeks.
- Straws, smoking, and vaping. These can increase irritation and prolong healing.

GET HELP

Contact your piercer if jewelry feels too tight, becomes embedded, or damages teeth or gums. Contact a healthcare professional promptly for severe or increasing swelling, spreading redness, worsening pain, foul-smelling or thick discharge, fever, or chills. For trouble breathing or swallowing, seek emergency care. Do not remove the jewelry on your own if infection is suspected.