



Crown Ink Studio

TATTOO . PIERCING . CROWN HEIGHTS, BROOKLYN

PIERCING AFTERCARE . UNDER 18

Taking Care of Your New Piercing

A guide for our younger clients and their parents — how to keep a new piercing clean, what to expect, and what to steer clear of.

559 Nostrand Ave, Crown Heights, Brooklyn, NY . (347) 750-5751 . crowninkstudio.co



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A note for parents and guardians

A new piercing is a small wound that needs the same daily care as any other. Please help with the routine below for the full healing time, keep an eye out for the warning signs listed under “What’s normal,” and call us with any concern — we would always rather check a piercing than have you worry.

01 Cleaning solutions

- **Sterile saline** is the gentlest choice. Use a packaged wound-wash saline with nothing added — read the label: the only ingredient should be 0.9% sodium chloride. Contact-lens saline, eye drops and other saline products are not made for piercings.
- **Skip the homemade salt mix.** Mixing your own sea-salt water almost always comes out too strong or too salty, which dries the tissue out and slows healing. If sterile saline truly isn’t available, dissolve no more than ¼ teaspoon of fine, non-iodized sea salt in one cup (8 oz) of warm distilled or bottled water — a stronger mix is not better.
- **Soap (optional):** if you’d rather wash with soap, choose a mild, fragrance-free liquid soap, keep it to once a day in the shower, and rinse every trace of it away. Antibacterial soaps are unnecessary and can irritate a healing piercing.

02 How to clean a body piercing

- **Wash your hands** thoroughly before you touch your piercing — every time, for any reason.
 - **Rinse with saline** as needed while healing. For placements that are hard to reach, spray the saline onto a piece of clean gauze and hold it against the piercing.
 - **Rinse away residue** with clean water if you've used soap. You do not need to move, twist or rotate the jewelry to clean under it.
 - **Dry gently** by patting with clean, disposable paper towel. Cloth towels hold bacteria and can catch on the jewelry.
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03 What's normal

- **The first days:** some bleeding, localized swelling, tenderness or bruising.
 - **While healing:** a little discoloration, itching, and a whitish-yellow fluid (not pus) that dries into a light crust on the jewelry. The tissue may tighten around the jewelry as it settles.
 - **Once healed:** the jewelry may not move freely — don't force it. If you stop cleaning as part of your daily hygiene, the normal (and normally smelly) body secretions can build up.
 - **Looks healed before it is:** a piercing heals from the outside in. It can feel fine while the inside is still fragile, so be patient and keep cleaning for the full healing period.
 - **Even a healed piercing can shrink or close in minutes** if the jewelry is out. If you love your piercing, keep quality jewelry in it.
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04 What to do

- Wash your hands before touching your piercing — and otherwise leave it alone. Rotating the jewelry is not part of healing.
- Exercise is fine during healing; listen to your body.
- Keep your bedding clean and change it regularly. Wear clean, breathable clothing that protects the piercing while you sleep.
- Showers are safer than baths — tubs hold bacteria. If you do bathe, clean the tub first and rinse the piercing well when you get out.
- The healthier your lifestyle, the easier your piercing heals. Get enough sleep, eat well, and manage stress — all three measurably speed up wound healing.

05 What to avoid

- **Harsh products:** alcohol, hydrogen peroxide, iodine, antibacterial soaps, and "ear care" solutions with benzalkonium chloride. They damage healing cells and are not meant for long-term wound care. Ointments trap the piercing and block air — skip them too.
 - **Over-cleaning.** More is not better; it delays healing and irritates the skin.
 - **Friction and trauma:** tight clothing rubbing on it, fidgeting with the jewelry, rough play, and aggressive cleaning. These cause scar tissue, migration and long healing times.
 - **Other people's body fluids** on or near the piercing while it heals — including oral contact.
 - **Submerging** the piercing in lakes, pools, hot tubs or the ocean. If you can't avoid it, seal the piercing with a waterproof wound-sealant bandage (available at any drugstore).
 - **Cosmetics and personal-care products** on or around the piercing — lotions, sprays, makeup, sunscreen.
 - **Charms or hanging jewelry** until the piercing is fully healed.
 - **Stress, recreational drugs, and excess caffeine, nicotine or alcohol** — all of them slow healing.
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06 Jewelry

- Unless something is wrong with the size, style or material, leave the original jewelry in for the entire healing period. When it's time to downsize, book it with us — a change during healing should be done by a piercer.
- If you need a non-metal alternative (for an MRI, surgery or a job), ask your piercer for one rather than leaving the piercing empty.
- Leave jewelry in at all times. Even a healed piercing can shrink or close quickly; reinsertion can be difficult or impossible.
- With clean hands or a paper towel, check threaded and threadless ends regularly for tightness ("righty-tighty, lefty-loosey").
- If you decide you no longer want the piercing, simply remove the jewelry (or have us remove it) and keep cleaning until the hole closes. In most cases only a small mark remains.
- If an infection is suspected, **leave quality jewelry in** so the piercing can drain. Removing it can seal the infection inside and cause an abscess. Come see us, or see a doctor, before taking it out.

Particular areas

Navel

- A hard, vented eye patch (from any pharmacy) held on with elastic bandage — not adhesive on the skin — protects a navel piercing from tight waistbands, gym class and sports.

Ear, cartilage and facial

- Use the T-shirt trick: dress your pillow in a large clean T-shirt and turn it nightly — one shirt gives you four clean surfaces for sleeping.
- Keep phones, headphones, eyeglasses, helmets and hats clean where they touch the piercing.
- Be careful when styling your hair, and tell your stylist about a new or healing piercing.
- Don't sleep directly on a healing cartilage piercing — it can irritate it and even shift its angle. A travel pillow with your ear in the opening helps.

Questions? Call us — not your friends.

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Instagram @ana_piercer559

Every body is different and healing times vary. These guidelines are consistent with the recommendations of the Association of Professional Piercers (safepiercing.org). They are general care information, not medical advice — see a physician for any medical concern.

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