



Crown Ink Studio

TATTOO . PIERCING . CROWN HEIGHTS, BROOKLYN

PIERCING AFTERCARE

Caring for Your New Piercing

Everything you need to heal your piercing well — what to use, what's normal, what to avoid, and how to care for specific placements.

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



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Piercing Aftercare . Adults

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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.

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, excess irritation and impact during sports.
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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.
 - Sleeping directly on a healing cartilage piercing can cause irritation and even shift its angle — a travel pillow with your ear in the opening helps.
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Nipple

- A snug cotton shirt or sports bra gives protection and feels more comfortable, especially for sleeping.
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Genital

- These piercings — especially triangles, Prince Alberts, ampallangs and apadravyas — can bleed freely for the first few days. Be prepared.
 - Extra cleaning after urination isn't necessary. Wash your hands before touching on or near a healing piercing.
 - Sexual activity can resume when you feel ready, but hygiene and avoiding trauma are essential: be gentle, use barriers (condoms, dental dams, waterproof bandages) to avoid contact with a partner's body fluids even in long-term monogamous relationships, use clean disposable barriers on toys, and use a fresh water-based lubricant — never saliva. A saline soak or clean-water rinse afterward is a good habit.
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Surface anchors

- These need upkeep for their whole life because matter builds up under the threaded top and irritates the piercing. Saline or shower rinses help keep it clear even after healing.
- Keep makeup off them, and know that even with perfect care, surface anchors tend to be less permanent than other piercings.

Questions? Call us — not your friends.

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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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