

Aftercare Guide

Simple steps to enhance
the healing process
of your new piercing



WHAT TO EXPECT

- Swelling or bleeding for the first few days
- Tenderness, itchiness, or bruising for a few weeks
- White to yellow fluid [which may dry on the piercing]

These things are normal and should stop as the piercing heals.

TIP: Anti-inflammatories, cold compress, and/or ice will help reduce swelling.

WHAT TO AVOID

- Swimming or submerging the piercing in bodies of water [like hot tubs] for the first few months of healing
talk to your piercer for specific timing
- Twisting, turning, picking at, or playing with the jewelry
- Using any aftercare products that we did not suggest
 - Exposing your piercings to alcohol, peroxide, lotion, sprays, or makeup

KEEP IT CLEAN

Make sure bedding, clothing, eyewear, or anything else that may contact your new piercing is clean. Keep the jewelry itself clean, too! Rinse **twice daily with saline spray** and/or **rinse daily in the shower.**

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KEEP HANDS AWAY

Try your best to keep yours & others' hands off your piercing.

It's tempting, we know! But twisting, turning, picking at or playing with your new piercing can harm it.

DOWNSIZE

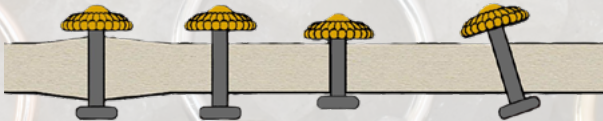
For some piercings, longer posts are necessary initially, and shorter posts should be worn once swelling has gone down.

freshly
pierced

no longer
swollen

down-
sized

not down-sized,
snagged/slept on



I was pierced by:

My jewelry is:

6-week check up date:

My healing time is likely:

Having trouble? Consults are complementary
web - blackholereno.com | **call** - (775) 329-6010
email - info@blackholereno.com