
Genital Piercings

- Follow **Facial/Torso** aftercare instructions
- Bleeding is normal for approximately one week
- Genital piercings may take up to 6 months to comfortably heal and settle in
- Sexual activities may continue when you feel ready. Gentleness and hygiene are vital!

Surface Anchors

- Follow **Facial/Torso** aftercare
- Ice for the first 24-48 hours
- Do not cover
- Avoid catching or pulling
- Do not change any tops yourself. Tops may need to be removed to allow the anchor to heal properly
- Surface anchors require maintenance for their entire lifetime
- Even with proper care, your surface anchor may be less permanent than other piercings

Remember

- Wash your hands thoroughly before cleaning your piercing
- You may take a non-steroidal anti-inflammatory such as ibuprofen or naproxen sodium for pain relief

Things to Avoid

- Gold and sterling silver are not suitable for healing piercings
- Sleeping on, friction or bumping your piercing
- Playing with your piercing
- Excessive use of caffeine, nicotine, tobacco, alcohol or recreational drugs
- Using soaps that are harsh with dyes and fragrances
- Rubbing alcohol, hydrogen peroxide, iodine or ointments to clean
- Submerging healing piercings in bodies of water such as lakes, oceans, pools, etc.

Holey Truth Body Arts

Aftercare Instructions

Healing Process: What to Look For

- Week 1 – Inflammatory
Swelling, redness, tenderness, bruising or clear fluid
- Week 2-4 – Healing
Crust begins to form around the piercing; do not pick at it! Begin warm soaks with sterile saline solution spray.
- Week 5 – Maturation
Redness should be primarily gone. Continue cleaning the piercing.
- Week 6 – Downsizing
At this time we may replace any jewelry that was used to accommodate for healing purposes.

Facial/Torso Piercings

- Do not turn or twist the jewelry
- Soak the piercing 2x a day with warm saline solution. Use a half full shot glass for nipples and navel piercings. Use cotton rounds for everything else
- Be sure to rinse off excess saline solution

Oral Piercings

- Do not touch or play with the piercing
- Use alcohol-free antiseptic mouth rinse 2x a day, maximum. Rinse with plain cold water after every meal.
- Swelling is normal for about 2 weeks
- Downsizing is applicable as early as 4 weeks
- Total healing time may take up to 3 months
- For lip or cheek piercings, please follow **Facial** aftercare instructions in addition to **Oral**
- Avoid hot drinks and food that may be hard, spicy, salty or acidic
- Avoid oral sexual contact, including kissing
- Avoid smoking, it increases healing time
- Avoid chewing on foreign objects that may harbor bacteria
- Do not share plates, cups and utensils



Contact Us

Each person is different and healing times and conditions vary. If you have any question or concerns, please feel free to contact us!

608 Cumberland Street
Lebanon, Pennsylvania 17042

717.685.5169

Holeytruth.com
Facebook.com/holeytruthLLC
Instagram.com/the_holey_truth