

Piercing Aftercare Guide

- On the Day of Your Piercing

Leave the piercing alone and allow it to settle.
Avoid touching, twisting, or cleaning it on the first day.

- Starting the Next Morning

Use Steripierce Mist to clean the pierced area:
Spray the mist around the area and leave for 30 seconds.
Spray both sides of the piercing using the mist and a clean cotton bud.
Use one side of the cotton bud to clean around one end of the jewellery; repeat on the other side.

Once all crust has been removed, gently pat dry with kitchen roll.

Piercings do not like to stay wet!

Clean twice a day for 6 weeks (morning and evening). After 6 weeks, reduce to once a day.

- Do Not

Twist, play with, or touch your new piercing — hands carry germs!
Change your jewellery too early. Ask your piercer when it's safe to switch.

Swim in seas, rivers, lakes, swimming pools, or hot tubs for 6 weeks.

Use saunas for 6 weeks.

Go to the gym for 2–3 weeks (depending on piercing location).

Apply makeup, skincare products, or other items near the piercing for at least 6 weeks.

- Painkillers

Ibuprofen can help reduce swelling and soreness.

Hay fever tablets can also help with swelling.

If unsure, please consult your GP before taking any medication.

- Downsize Appointment

If your piercer has booked you for a downsize, please attend — this helps your piercing heal faster and more comfortably.

- Jewellery Check

Every few days, with clean hands, make sure the ball is screwed on tightly.
If the ball comes loose or falls off, do not remove the bar — contact your piercer as soon as possible.

If the ball falls off after the first 24 hours, there is a £5 charge for the piercer to reattach it.
Follow these steps carefully for a smooth and healthy healing process!
Your piercer is always happy to help with any questions or concerns.