

STOIC BODY ART

PIERCING AFTERCARE

Clean gently. Avoid pressure. Give your piercing time to heal.

DAILY CLEANING

- Clean twice daily with sterile 0.9% saline wound wash. Hypochlorous acid spray is also available at our shop; ask Abbie whether the specific product is suitable.
- Wash your hands thoroughly before any necessary contact. Spray gently; do not twist or rotate jewelry.
- Rinse well in the shower to remove shampoo, conditioner, soap, and body-care products. Pat dry with clean, disposable gauze or paper towel.
- If irritated, contact us before increasing cleaning to 3–4 times a day. Overcleaning can worsen irritation.

PREVENT IRRITATION

- Do not touch, pick, or play with the piercing. If handling is essential, use washed hands or clean, single-use gloves.
- Avoid sleeping on it. A piercing pillow with an ear opening may help and is available on Amazon.
- Keep makeup, lotion, hair products, fragrances, alcohol, peroxide, ointments, and homemade salt mixes away. Keep pillowcases clean and avoid snagging with hair, clothing, glasses, or headphones.
- Avoid pools, hot tubs, lakes, and soaking/submerging a healing piercing.

JEWELRY & DOWNSIZING

- Return for a downsizing assessment in 15–30 days. Actual timing depends on placement, swelling, and healing. Abbie can help with jewelry changes.
- Keep your initial jewelry in place unless your piercer advises otherwise. Except for appropriate lobe jewelry, avoid hoops for at least 3–6 months; some placements need longer.
- Threaded: twist-off end. Threadless: pull-apart end. Do not try to remove or change either type while healing.

WHAT IS NORMAL? WHEN TO GET HELP

- Early tenderness, minor swelling or bruising, itching, and pale fluid that dries to a crust can be part of healing. Do not peel off crusts.
- Bumps can result from pressure, friction, or jewelry fit. Continue gentle saline cleaning; do not pop the bump or use tea tree oil, which can irritate healing skin. Contact us if it lasts 3 days, enlarges, or recurs.
- Seek prompt medical care for worsening pain, spreading redness, significant warmth or swelling, thick or foul-smelling discharge, fever, or embedded jewelry. Do not remove suspected infected jewelry unless a clinician advises it.

YOUR PIERCER: ABBIE

Instagram: @stoicstabbie | Abbie: 614-286-7352

STOIC BODY ART | Shop: 614-370-7285

General guidance for external piercings. Oral and specialized piercings require placement-specific instructions.