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GENITAL AFTERCARE

Genital Piercing – Healing Time Approximately 2 - 4 months.

Wash your hands thoroughly before touching your piercing or jewellery.

Clean your piercing **3 times a day** using **Anti-Bacterial Soap & Epsom Salts**.

Suggested products include:

- Epsom Salt
- Anti-bacterial soap

Over-cleaning can irritate the piercings so do not clean more often unless the piercing has been exposed to dirt, sweat or bodily fluids.

Method One (Genital)

1. Wash and rinse your hands with anti-bacterial soap.
2. Mix some anti-bacterial soap in a bowl with warm water to make a soapy solution. Using a cotton swab, saturate the cotton swab to remove any secretions from both sides of the piercing.
3. Mix ¼ teaspoon of Epsom salt per 8 ounces of warm water to soak your piercing.
4. Soak your piercing 3 times a day for 10 to 15 minutes using a clean cup or bowl depending where the piercing is located.
5. In some cases of female genital piercings the use of a baby tub for soaking may be required.

Do not use a washcloth or sponge to clean your piercing. Clothes and sponges trap and collect bacteria and mildew.

Rinse your piercing and jewellery thoroughly with water after showering or bathing to remove soap residues. Dry the piercing using a tissue or cotton swabs not a wash cloth because bacteria thrive in warm, moist environment.

The inside of the navel should be dried thoroughly using a cotton swab.

Genital piercings can be cleaned 3 times a day by using warm Epsom Salt soaks to help remove dried discharge/lymph secretions, and relieve itching from clean navel and nipple piercings. Use ¼ teaspoon salt per 8 ounces of water. There is no need to clean your piercing after soaking in salt water. A disposable cup is suggested.

Bleeding, if there is any in the case of women's and men's genital piercings should stop within 12 hours.

Do not use laundry detergent containing stain-removing enzymes. **Do not use** Beta dine (povidone-iodine), isopropyl alcohol or peroxide to clean your piercing. **DO NOT** use antibiotics ointments. Antibiotics ointments are used for puncture wounds and infections. Antibiotic ointments do not clean the piercing and will increase the chances of the body rejecting the piercing. **DO NOT** go swimming or in a hot tub for 2 weeks after being pierced.

The most frequent causes of infection are from touching the piercing or jewellery with unwashed hands, or contact with unclean items such as clothing, bedding or hair. Do not wear hats or bandanas over ear and eyebrow piercings. In the case of ear piercings, use the opposite ear for telephones or place a clean tissue between the ear and the receiver. Do not allow your piercing to contact cosmetics, lotions, perfumes or hairsprays.

After the healing process is complete, you should continue to clean your piercing once a day as part of your bathing or showering routine to prevent a build up of dirt and dead skin cells.

Please remember that I am not a physician. My suggestions should not be construed as medical advice.