



# GENITAL PIERCING AFTERCARE

Do not touch your piercing while it is healing. If you must, wash your hands thoroughly before you do. Avoid twisting/rotating your jewelry while it is healing.

## CLEANING

Spray the piercing site directly with sterile saline spray 3-5 times per day. Let it dry. Avoid using cotton balls/swabs on the piercing. These will irritate the newly-forming tissue. If the piercing becomes physically dirty, gently wash the area with a mild, Castile soap, like Dr. Bronner's and make sure you rinse it thoroughly afterwards.

## WHAT TO EXPECT

Light bleeding/bruising/swelling in the first 72 hours is completely normal. Sterile gauze or a pantyliner will protect your undergarments. Urinating can be a bit uncomfortable during the early weeks for some genital piercings. Drinking lots of water will dilute your urine and make it more comfortable. Physical activity may put strain on your new piercing. If something hurts, avoid that activity.

## WHAT TO AVOID

Avoid undergarments made of lace and mesh during healing. These can easily get tangled with your jewelry. Make sure your clothing is clean and sanitary. Dirty clothing may lead to infection. Use protection: even if you have a long-term partner, their natural flora and fauna is different from yours. Wear a condom during sex while it is healing. Avoid oral contact and body fluids on your piercing while it is healing.

LISTEN TO YOUR BODY : If any activity hurts your piercing (sex, exercise, etc.) slow down, change positions, or back off and wait.

**BE SURE TO CONTACT US RIGHT AWAY WITH ANY QUESTIONS OR CONCERNS  
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The information provided is based on our experience as well as current industry standards not as an alternative to medical service of any kind.