



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. Your piercing will discharge fluids during healing. This is completely normal, but if it builds up or becomes crusty, spray it with saline to remove it. **DO NOT PICK AT IT.** The jewelry will be tight in the piercing early on. This will loosen up as it heals. Do not try to rotate it.

WHAT TO AVOID

Do not use Alcohol, Peroxide, Bactine, Neosporin, Bacitracin, Tea Tree Oil, or other harsh chemicals. Remember: If you wouldn't put it in your eye, don't put it in your piercing. Avoid submerging your piercing. Keep it out of baths, pools, hot tubs, oceans, etc.. during healing. Be careful not to snag/catch your piercing. Be aware of it when using towels or putting on/taking off clothing, seatbelts, purses, etc.

DOWNSIZING

Your piercing was performed with slightly longer jewelry to allow swelling to occur. It is important that you return for a jewelry downsize on the date your piercer recommended. This will allow a more comfortable healing process and prevent any unnecessary irritation from longer jewelry.

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.