

# SKIN 'N STEEL



# KNOW THE DEAL

Designed by:



**HEPATITIS**

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AIDS  
COMMITTEE  
OF  
LONDON

**Understand your risks and rights!**

**[www.hepcinfo.ca](http://www.hepcinfo.ca)**

## BODY PIERCING AFTER-CARE

- **IMPORTANT** – wash hands before cleaning piercing and jewelry.
- Wash new piercing with mild soap (like Spectro-Jel) and warm water twice a day for about two weeks then once a day from then on.
- Use clean cotton swabs and warm water to take off the crusty matter then use a new cotton swab with soap and warm water to clean the holes and jewelry.
- Once the jewelry is soapy, gently rotate to flush out and clean the inside. Rinse and rotate to remove all the soap, then pat dry.
- Wear clean loose clothing and avoid bathtubs, hot tubs, lakes and pools while healing.
- **DO NOT** over-clean or dry out your new piercing. If it gets infected, have it looked at.
- Apply cream-based Polysporin twice a day after cleaning to help with minor infections. Put cream on the jewelry and rotate in. (**DO NOT** medicate unless you have an infection.)
- For oral piercings, rinse with salt-water or a non-alcohol based mouthwash every time you eat or drink for two weeks. Rinse for 60 seconds. For swelling, suck on ice cubes. Brush your teeth and tongue twice a day with your regular oral hygiene.
- **DO NOT** expose any fresh piercings to someone else's' saliva or body fluids until it is **FULLY** healed. (Major infections, STD's, HIV and Hep C)