



193 Mamaroneck Avenue, White Plains, NY 10601  
 (914) 644-8222 • bigjoeswp@gmail.com • bigjoeswp.com  
 Instagram @bigjoeandsonstattoo • Facebook – Big Joe & Sons Tattoo

## Piercing Aftercare

Spray 2x a day with Neilmed Piercing Aftercare Spray

- or -

For oral piercings, swish 2x a day with alcohol free mouthwash such as Therabreath

- ⊗ Don't twist, turn, rotate or play with your new piercing
- ⊗ Don't pick off crust as it may be attached to healing tissue
- ⊗ Don't remove jewelry to sleep or to clean your piercing
- ⊗ Don't sleep on healing piercings
- ⊗ Don't use any products or ointments other than what is suggested by your piercer
- ⊗ Don't use Q-tips or cotton balls to clean your piercing
- ⊗ Don't follow your friends' advice; instead, visit/call/dm us with questions or concerns
- ✓ Do follow all verbal & written instructions from your piercer
- ✓ Do use a clean pillowcase or t-shirt to sleep
- ✓ Do keep your new piercing dry
- ✓ Do let the water run on your piercing in the shower to remove any soap residue
- ✓ Do wash hands thoroughly before handling your new piercing
- ✓ Do downsize your jewelry as your piercing heals
- ✓ Do use a travel neck pillow if sleeping becomes an issue

## Piercing Healing Times

<b>Bridge</b> .....	3-4 months or longer
<b>Cheek</b> .....	6-9 months or longer
<b>Conch</b> .....	6-9 months or longer
<b>Daith</b> .....	6-9 months or longer
<b>Ear Cartilage/Helix</b> .....	6-9 months or longer
<b>Earlobe</b> .....	6-8 weeks or longer
<b>Eyebrow</b> .....	3-4 months or longer
<b>Lip</b> .....	2-3 months or longer
<b>Navel</b> .....	6-9 months or longer
<b>Nipples (female)</b> .....	6-9 months or longer
<b>Nipples (male)</b> .....	3-4 months or longer
<b>Nostril</b> .....	3-4 months or longer
<b>Rook</b> .....	6-9 months or longer
<b>Septum</b> .....	6-8 weeks or longer
<b>Smiley</b> .....	6-8 weeks or longer
<b>Tongue</b> .....	6-8 weeks or longer
<b>Tragus</b> .....	6-9 months or longer
<b>Genitals</b> .....	inquire

All bodies are different!

Healing times *will* vary and there is *no guarantee* you will follow this timeline. Healing depends solely on your aftercare. Always wait the minimum at the very least, but longer is always better.

**Follow your piercer on Instagram!**  
**@SheilaSatin**