

Inked Tuna Tattoo – Piercing Aftercare Instructions

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Taking Care of Your New Piercing

Proper aftercare is the key to safe healing and preventing infection. Healing times vary depending on the location of the piercing and your personal health.

General Guidelines

- ✓ Wash your hands before touching or cleaning your piercing.
- ✓ Clean 2–3 times daily with spray sterile saline solution (preferred) or a piercing aftercare spray.
- ✓ Gently rinse with warm water and antibacterial soap in the shower to remove crust or buildup—never pick or scratch.
- ✓ Dry carefully with a clean paper towel or let air dry. Avoid cloth towels (they carry bacteria).

What to Avoid

- ✗ Do not touch or twist jewelry unnecessarily.
- ✗ Do not use alcohol, hydrogen peroxide, or Neosporin—these damage healing tissue.
- ✗ Do not submerge your piercing in pools, hot tubs, lakes, or oceans until fully healed.
- ✗ Do not change jewelry before the recommended healing period.
- ✗ Do not sleep directly on fresh piercings to avoid irritation.

Healing Times (Estimated)

- Earlobe: 6–8 weeks
- Cartilage (ear/tragus/helix/daith/rook): 6–12 months
- Nostril: 4–6 months
- Septum: 6–8 weeks
- Eyebrow: 6–8 weeks
- Lip/Labret: 2–3 months
- Tongue: 4–6 weeks
- Navel: 6–12 months
- Nipple: 6–12 months

(Healing varies per individual—always check with your piercer before changing jewelry.)

Oral Piercing Aftercare

Rinse with alcohol-free, antimicrobial mouthwash after eating, drinking (other than water), or smoking. Avoid spicy, acidic, or hot foods/drinks during initial healing. Avoid oral contact (kissing, sharing utensils, etc.) until healed.

Signs of Trouble

- ⚠ Contact us or seek medical attention if you notice:
 - Prolonged redness, swelling, or heat
 - Green or yellow discharge with odor
 - Severe pain or fever
 - Jewelry migrating, rejecting, or embedding into skin

Downsizing Jewelry

Swelling is normal. Once healed, jewelry may need to be downsized to fit comfortably and prevent damage to your piercing or teeth (for oral piercings). Schedule a checkup 443-235-1899.

Questions or Concerns? 443-235-1899

Thank you for choosing Inked Tuna Tattoo. Take care of your piercing—it's an investment in your body and your style!