Michigan Department of Health and Human Services

Screaming Needle Tattoo & Piercing Company

Aftercare Instructions for Piercings

Approximate Healing Times

Lip / Labret: 6–8 weeks (includes Monroe/Madonna)	**Nostril / Eyebrow:** 2–4 months
Earlobe: 6–8 weeks	**Ear Cartilage (Helix, Tragus, Daith, Rook, Industrial, Conch):** 6–12+ months
Tongue: 4–8 weeks	**Navel / Belly Button:** 6–12 months
Nipple: 6–12 months	**Genital:** 4–12 weeks (varies by placement)
Surface / Dermal: 3–12 months (higher rejection risk)	**Other Piercings:** 2–6 months (ask your piercer)

Note: These are approximate. Full internal healing often takes longer than the surface appears healed. Healing varies by individual, lifestyle, aftercare, and jewelry material. Continue aftercare for the full recommended period.

Supplies Needed

Sterile saline wound wash (0.9% sodium chloride with no additives — preferred). Look for products labeled for wound care (e.g., NeilMed Piercing Aftercare, or generic sterile saline spray). Do not use contact lens saline, eye drops, or homemade solutions if a sterile product is available. If making a sea salt soak is necessary: dissolve 1/8 to 1/4 teaspoon of non-iodized fine sea salt in 8 oz (1 cup) of warm distilled or bottled water. A stronger mix is not better and can irritate the piercing.

Aftercare Instructions for External Piercings

1. Wash your hands thoroughly with soap and water before touching your piercing or jewelry for any reason.
2. Clean the piercing 1–2 times daily with sterile saline. Spray or soak the area for a few minutes (or apply saline-soaked clean gauze/paper towel). Allow it to sit briefly, then gently remove any dried matter (crusties) with a clean cotton swab or gauze moistened with saline. Rinse if needed and pat dry with clean disposable paper products (avoid cloth towels).
3. Do NOT rotate, twist, or move the jewelry. Leave it alone except when cleaning. Movement can introduce bacteria and delay healing.
4. Keep the area clean and dry. Avoid swimming in pools, hot tubs, lakes, or oceans until fully healed (or protect with a waterproof barrier if unavoidable). Showers are preferable to baths.

Aftercare Instructions for Oral Piercings (Tongue, Lip, etc.)

Rinse your mouth with an alcohol-free antimicrobial mouthwash (or sterile saline / mild sea salt solution) for 30–60 seconds after eating, drinking (anything other than water), and before bed. Continue for the full healing period (typically 4–8 weeks or longer). Maintain excellent oral hygiene with a soft toothbrush. Avoid playing with the jewelry. Ice chips can help reduce swelling in the first few days.

Additional Considerations

- Always wash your hands before touching the piercing. Avoid touching it unnecessarily.
- Do not change or remove jewelry until the piercing is fully healed (or have your piercer do the first change).
- Avoid sleeping on new piercings when possible. Use a travel pillow or clean the pillowcase frequently.
- Minimize friction from clothing, hair products, makeup, and lotions near the piercing.
- For genital piercings: No oral contact without an appropriate barrier for at least 3 months. Use of barriers (condoms, dental dams) during sexual activity is strongly recommended during healing. Wash hands and clean the area carefully.
- Surface piercings, skin divers, and dermal anchors have higher rates of migration/rejection and are not guaranteed.

What Is Normal During Healing

Mild redness, swelling, tenderness, clear or whitish-yellow discharge that forms crust, and occasional itching are normal. These should gradually improve.

Seek medical attention if you develop increasing redness, swelling, pain, heat, yellow/green pus, red streaks, fever, or if the piercing becomes extremely painful. Contact your piercer with questions or concerns about healing.

DO NOT USE: Triple antibiotic ointments, rubbing alcohol, hydrogen peroxide, Betadine, Bactine, tea tree oil, or any harsh antiseptics on your piercings. These damage healing tissue and delay recovery. Avoid ointments that trap bacteria and block air circulation.

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Artist: _____

652 A 28th Street Wyoming, MI 49509 (616) 551-2674	1823 Plainfield Ave Grand Rapids, MI 49505 (616) 361-2900	2056 Lake Michigan Dr Grand Rapids, MI 49504 (616) 608-5969	4629 Lake Michigan Dr Allendale, MI 49401 (616) 892-8288

Disclosure Statement / Notice for Filing Complaints

Public Act 375 (and related rules) requires that individuals shall not tattoo, brand, or perform body piercing on another individual unless the procedure occurs at a body art facility licensed by the Michigan Department of Health and Human Services. Body art facilities must comply with applicable requirements for safe and sanitary body art administration. As with any invasive procedure, body art may involve possible health risks, including but not limited to transmission of bloodborne diseases (such as HIV and viral hepatitis), skin disorders, infections, and allergic reactions. Persons with certain conditions (including but not limited to diabetes, hemophilia, or epilepsy) may be at higher risk for complications and should consult a physician before undergoing a body art procedure. If you wish to file a complaint against a body art facility related to compliance with state requirements or have concerns about potential health risks, please visit the Michigan Department of Health and Human Services body art resources online or contact your local health department.

These guidelines reflect current best practices for piercing aftercare and modern wound-care principles. Individual results vary. When in doubt, contact your piercer or a healthcare professional.