



AREA 51

Body Piercing Since 1998

Piercing Care Guide

Ear, Facial, Oral and Body Piercing Care

Introduction

Welcome to the ultimate guide to body piercing care, brought to you by Area 51 Body Piercing Studio. Whether you're considering your first piercing or adding to your collection, this guide is packed with everything you need to know to keep your piercings healthy and looking their best. With over 25 years of expertise, Area 51 has helped countless clients care for their piercings, and now we're sharing that knowledge with you.

Inside, you'll find clear after-care instructions, answers to the most frequently asked questions (FAQs), and a glossary of piercing-related terms, ensuring you feel confident every step of the way. From healing tips, to choosing the right jewellery we've got you covered.

Let's help you get the most out of your piercing experience—starting with proper care!

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Deciding which piercing is best for you.

If you haven't already decided which piercing you want, and where you want it, we've pulled together the following list providing detailed information about various body piercings, their healing times, and any specific aftercare or legal requirements beyond general guidelines and standard UK statutory regulations in relation to minimum age for each type of piercing.

Earlobe Piercing

Healing Time: 6-8 weeks

Specialist Care: Earlobe piercings typically heal quickly with minimal complications. However, if you experience irritation due to metal allergies, switching to hypoallergenic jewellery may be necessary. Earlobe piercings are among the least likely to require specialist care.

Age Restriction: Standard statutory regulations apply (16 years old with parental consent if under 18). Age 10 is our minimum age.

Helix (Cartilage) Piercing

Healing Time: 3 months to 1 year

Specialist Care: Cartilage piercings, such as those in the helix, take significantly longer to heal compared to earlobe piercings. This area is more prone to bumps, infections, and keloids, so specialist advice may be needed for prolonged swelling or irritation. Extra care is needed to avoid sleeping on the piercing during healing.

Age Restriction: No additional restrictions beyond standard UK law, but some studios may enforce a higher minimum age of 16, with parental consent under 18. 13 years old is our minimum age.

Deciding which piercing is best for you. Cont'd.

Daith Piercing

Healing Time: 6-9 months

Specialist Care: Daith piercings, located in the innermost cartilage fold, require more precision during piercing and extra attention during healing. The positioning of this piercing can make cleaning difficult, so consulting your piercer for cleaning techniques is important.

Age Restriction: Generally follows standard age rules, though some studios may require clients to be at least 16 due to the complexity of this piercing.

Tragus Piercing

Healing Time: 3-6 months

Specialist Care: The tragus, a small cartilage flap near the ear canal, can be sensitive during healing due to its proximity to the face and hair. This piercing may require special care to avoid irritation from headphones or other devices. Using a saline spray and a travel neck pillow will help prevent complications.

Age Restriction: Most studios require clients to be at least 16 years old, and parental consent is required if under 18.

Conch Piercing

Healing Time: 2-6 months

Specialist Care: Positioned in the central cartilage of the ear, conch piercings often require more specialised aftercare due to their location. They are prone to pressure from sleeping, and prolonged healing times are common. Piercers often recommend avoiding earphones or sleeping on the side of the piercing.

Deciding which piercing is best for you. Cont'd.

Age Restriction: Same as standard statutory regulations; some studios may raise the minimum age to 16.

Industrial Piercing

Healing Time: 6-12 months

Specialist Care: This piercing connects two points of cartilage with a single barbell, making it more prone to complications like irritation or rejection. You may need specialist aftercare advice if the bar causes pressure points on your ear or if the healing is delayed. Industrial piercings require consistent aftercare for the full duration of healing.

Age Restriction: Many studios enforce a minimum age of 16 for this piercing due to its complexity and longer healing time.

Eyebrow Piercing

Healing Time: 6-8 weeks

Specialist Care: Eyebrow piercings heal relatively quickly but can be prone to migration or rejection, especially if the jewellery is too heavy. In such cases, your piercer may recommend changing to lighter or shorter jewellery. Avoiding makeup around the area during healing is also crucial.

Age Restriction: Generally follows standard guidelines, but some studios may only perform this piercing on clients aged 16 and above.

Nostril Piercing

Healing Time: 3-6 months

Specialist Care: Nostril piercings can be prone to bumps or irritation, especially if knocked or bumped while washing your face. Specialist care may be needed if these issues persist,

Deciding which piercing is best for you. Cont'd.

including switching to hypoallergenic metals or seeking advice on treating piercing bumps.

Age Restriction: Some studios enforce a stricter age limit of 16 or require parental consent for those under 18.

Septum Piercing

Healing Time: 6-8 weeks

Specialist Care: Septum piercings generally heal quickly but can be tricky due to their placement inside the nose. You may require specialist care if the piercing is crooked or if irritation occurs from jewellery movement. It's important to follow specific cleaning techniques to avoid infections.

Age Restriction: Standard statutory regulations apply, but some studios may raise the minimum age to 16.

Tongue Piercing

Healing Time: 4-6 weeks

Specialist Care: Tongue piercings heal relatively fast, but the swelling in the initial days can make eating and speaking difficult. Specialist care may be necessary if excessive swelling, speech issues, or infections occur. Switching to a smaller barbell once the swelling reduces is often recommended.

Age Restriction: Minimum age for tongue piercings is 18 in most studios due to the risks involved.

Lip (Labret) Piercing

Healing Time: 6-8 weeks

Specialist Care: Lip piercings heal fairly quickly, but swelling, irritation from eating, or contact with teeth can cause

Deciding which piercing is best for you. Cont'd.

complications. Specialist advice may be needed to avoid enamel erosion or gum recession if the jewellery rubs against teeth or gums.

Age Restriction: Some studios may require clients to be at least 16, with parental consent for those under 18.

Navel (Belly Button) Piercing

Healing Time: 3-6 Months

Specialist Care: Navel piercings are prone to irritation due to clothing rubbing against them, especially during the extended healing period. They may also reject if the body pushes the jewellery out. If you notice irritation, your piercer may recommend switching to a curved barbell or larger jewellery to accommodate any swelling.

Age Restriction: Minimum age is typically 16, and parental consent is needed for clients under 18.

Nipple Piercing

Healing Time: 3-6 months

Specialist Care: Nipple piercings can be more prone to complications due to their sensitivity and longer healing times. Extra care is needed to prevent snagging, irritation from tight clothing, or infection. In some cases, larger jewellery or more frequent saline soaks may be necessary to promote healing.

Age Restriction: Minimum age for nipple piercings is 18 in the UK due to the sensitive nature of the area. Our policy is 16 years old for male and 18 for women.

Deciding which piercing is best for you. Cont'd.

Genital Piercings

Genital piercings require specialised care and attention due to the sensitivity of the area and the higher risk of complications. It's important to follow aftercare instructions closely and seek professional advice if any issues arise. The minimum age is 18 in the UK due to the intimate nature of this piercing.

Female Genital Piercings

Vertical Clitoral Hood (VCH) Piercing

Healing Time: 4-8 weeks

Specialist Care: The VCH piercing passes through the clitoral hood vertically, which makes it a relatively quick healing piercing when proper care is taken. However, due to the sensitivity of the area, discomfort may arise if jewellery is ill-fitting. Specialist care may be needed to address irritation or pressure from clothing, and the use of high-quality jewellery is essential to avoid allergic reactions or discomfort.

Horizontal Clitoral Hood (HCH) Piercing

Healing Time: 6-8 weeks

Specialist Care: The HCH piercing is placed horizontally across the clitoral hood, and like the VCH, it heals relatively quickly. However, it requires careful attention to jewellery sizing and placement to avoid irritation. If you experience prolonged discomfort, a piercer may recommend changing the type of jewellery to suit your anatomy better.

Deciding which piercing is best for you. Cont'd.

Male Genital Piercings

Prince Albert (PA) Piercing

Healing Time: 4-6 weeks

Specialist Care: The PA piercing runs through the urethra and exits at the bottom of the penis. Healing is relatively quick, but care must be taken to avoid irritation during urination and sexual activity. Specialist aftercare may be required if you experience bleeding, prolonged swelling, or difficulty urinating. Initial jewellery should be larger to accommodate any swelling, and switching to smaller jewellery should only be done under professional supervision.

Frenum Piercing

Healing Time: 6-8 weeks

Specialist Care: The frenum piercing is located on the underside of the penis shaft. While it heals relatively quickly, the area is susceptible to irritation from friction during sexual activity or tight clothing. If swelling or discomfort persists, switching to different jewellery or seeking advice on preventing further irritation may be necessary.

As with all genital piercings, cleanliness and proper aftercare are critical to avoid infections and ensure a smooth healing process. It's crucial to consult with your piercer about the best type of jewellery for your anatomy and any additional precautions that may be needed.

Choosing the right jewellery for your piercing.

Selecting the correct jewellery for your body piercing is crucial not only for comfort and aesthetics but also for promoting proper healing. The right jewellery material and style can help minimise irritation, prevent infections, and ensure a smooth healing process. In this section, we'll guide you through the best jewellery options for different types of piercings, while also considering skin sensitivities and healing stages.

Key Factors in Choosing Jewellery

When deciding on jewellery for your piercing, it's essential to consider the following factors:

Material: The type of metal used can affect how well your piercing heals and how your body reacts. For those with metal sensitivities, choosing hypoallergenic materials is vital.

Size and Shape: Ill-fitting jewellery can cause irritation or even migration of the piercing, so it's important to select pieces that fit well without putting pressure on the surrounding tissue.

Style: Different styles of jewellery, such as barbells, rings, or studs, suit different piercings. Choosing the right style can enhance both healing and comfort.

Which Metals Are Safest for Body Piercings?

Choosing the right metal is one of the most important decisions you'll make when getting a piercing. Here are the safest metals commonly used in body piercings:

Surgical Stainless Steel: This metal is one of the most widely used materials for body piercings. It's durable, affordable, and corrosion-resistant. Surgical stainless steel is generally safe for most people, but those with specific metal allergies should opt for hypoallergenic alternatives.

Choosing the right jewellery for your piercing. Cont'd.

Titanium: Titanium is a hypoallergenic, lightweight metal ideal for sensitive skin or those prone to metal allergies. It's also highly resistant to corrosion and doesn't contain nickel, making it a top choice for both initial piercings and long-term wear.

Niobium: Similar to titanium, niobium is hypoallergenic and a great option for those with metal sensitivities. It's slightly heavier than titanium but remains a popular choice for those seeking an allergy-friendly option.

Gold: Solid 14k or 18k gold is safe for healed piercings, offering both style and durability. However, avoid plated or low-karat gold (below 14k), as it may cause irritation or allergic reactions. Gold is not recommended for new or healing piercings due to potential reactions with skin.

Platinum: Platinum is another hypoallergenic and durable metal, making it an excellent choice for individuals with sensitive skin. Though more expensive, platinum's durability and resistance to tarnish make it a long-lasting option for piercings.

Jewellery Recommendations for Specific Piercings

Earlobe Piercing

Jewellery Options: Studs are ideal for earlobe piercings. For initial piercings, surgical stainless steel, titanium, or niobium are recommended to prevent irritation.

Best Metal: Titanium or surgical stainless steel is best for new piercings, and you can switch to gold or platinum once fully healed.

Choosing the right jewellery for your piercing. Cont'd.

Cartilage (Helix, Conch, Tragus) Piercings

Jewellery Options: Captive bead rings, barbells, or hoops are common for cartilage piercings. The cartilage can be sensitive, so choosing hypoallergenic materials is essential to prevent prolonged healing issues.

Best Metal: Titanium or niobium for new piercings; platinum or 14k/18k gold for healed piercings.

Eyebrow Piercing

Jewellery Options: Curved barbells or small rings are typically used for eyebrow piercings. It's important to select lightweight jewellery to avoid migration or rejection.

Best Metal: Titanium is highly recommended due to the thinness of the eyebrow tissue.

Septum Piercings

Jewellery Options: Circular barbells, seamless rings or horseshoe shapes suit septum piercings.

Best Metal: Titanium or niobium for initial healing. Gold or platinum is suitable for long-term wear once the piercing has healed completely.

Tongue Piercing

Jewellery Options: Straight barbells are the most common option for tongue piercings. The jewellery should be smooth and free from rough edges to prevent damage to teeth and gums. We use 20 mm barbells to begin then after 3 weeks swelling we change to 14 mm

Best Metal: Surgical stainless steel or titanium for the initial piercing, as these materials can withstand the moisture of the mouth without corroding.

Choosing the right jewellery for your piercing. Cont'd.

Lip (Labret) Piercing

Jewellery Options: Labret studs or rings are often used for lip piercings. Flat back studs are particularly useful for avoiding irritation inside the mouth.

Best Metal: Titanium or niobium for new piercings; once healed, gold or platinum can be introduced if desired.

Navel Piercing

Jewellery Options: Curved barbells (commonly referred to as “banana bars”) are the most popular choice for navel piercings. It’s crucial to select jewellery that doesn’t snag on clothing.

Best Metal: Titanium or surgical stainless steel for the initial piercing. Once healed, 14k or 18k gold, or platinum, can be worn for added style.

Nipple Piercing

Jewellery Options: Barbells are advised for nipple piercings. Ensure the jewellery is long enough to allow for swelling.

Best Metal: Titanium is best for initial healing due to its lightweight and hypoallergenic properties. Gold or platinum can be worn after the piercing has healed fully.

Choosing the right jewellery for your piercing. Cont'd.

Genital Piercings (Male and Female)

Jewellery Options: Barbells, captive bead rings, or circular barbells are commonly used for both male and female genital piercings. Comfort is a key factor here, as is ensuring the jewellery doesn't irritate the surrounding tissue.

Best Metal: Titanium or niobium for fresh piercings. These metals offer the highest level of biocompatibility. Once healed, 14k/18k gold or platinum can be used for those who prefer a premium material.

Key Takeaways

Choosing the right jewellery is essential for ensuring your piercing heals correctly and remains comfortable over time. For new piercings, opting for hypoallergenic metals like titanium or niobium is often the best choice, especially if you have sensitive skin. As your piercing heals, you can explore other materials such as 14k or 18k gold and platinum for a stylish yet safe option.

Always consult your piercer about the best jewellery for your specific piercing, and never hesitate to switch to hypoallergenic materials if you experience discomfort.

Preparing for your piercing appointment.

If you're getting your first piercing, or even if you've had one before, it's important to be prepared so you can make your experience as smooth and comfortable as possible. Here's what you need to know to get ready for your appointment.

Bring ID

There are a number of age restrictions related to piercings, always bring a valid photo identification especially if you either are, or appear under 25, to confirm your age.

Eat Before your appointment.

It's a good idea to eat a meal or light snack around an hour before your appointment. Keeping your blood sugar levels stable helps prevent dizziness or fainting during the procedure.

Wear something comfortable.

Wear loose, comfortable clothing that allows easy access to the area you're getting pierced. Avoid tight clothing that may rub against the fresh piercing and cause irritation.

Bring a friend.

If you're feeling nervous, take a friend or family member along for support. However, check if there are any restrictions on the number of guests due to space or health guidelines. For minors, most studios only allow one parent or guardian in the piercing room.

No Alcohol, no drugs.

It's best to avoid alcohol, caffeine, and recreational drugs for at least 24 hours before your appointment. These substances can thin your blood, increase pain sensitivity, and negatively impact healing.

Preparing for your piercing appointment. Cont'd.

Not feeling great?

If you're feeling unwell, have a cold, flu, or any other infection, it's better to reschedule your appointment. Your body needs to be in good health to heal properly and to reduce the risk of complications.

What about makeup or body lotions?

Avoid applying lotions, oils, or makeup near the area being pierced. Keeping the area clean reduces the risk of infection and ensures a smooth piercing process.

Pregnant or breastfeeding?

If you're pregnant or breastfeeding, it's best to wait until 6 weeks this period before getting a piercing. Your body is more vulnerable to infection and may take longer to heal.

The night before.

Yes, be sure to get plenty of rest and stay well-hydrated. This helps your body stay in optimal condition for both the procedure and the healing process.

Get mentally prepared.

It's perfectly normal to feel a bit nervous before your piercing. Our experienced piercers will talk you through the procedure and answer any questions you have. If you're feeling anxious, take slow, deep breaths and remember that our team is here to ensure you feel comfortable every step of the way.

By following these steps, you'll be well-prepared for your piercing appointment and ready for the experience ahead!

Taking proper care of your new piercing is essential to ensure a smooth healing process. This section will guide you

Caring for your piercing.

through effective aftercare practices, how to handle potential issues like infections or allergic reactions, and when to seek professional help. Remember, when in doubt, it's always best to consult a professional piercer.

How should I clean my new piercing?

Saline Solution: Use a saline solution made from non-iodized sea salt and warm distilled water to gently clean your piercing. At Area 51, we also offer pre-made saline solutions. If you prefer making your own, mix ¼ teaspoon of non-iodized sea salt with one cup of warm distilled water. Spray or apply the solution without touching the piercing.

Frequency: Clean your piercing once daily during the healing process. Over-cleaning can irritate the skin and slow healing.

Avoid Harsh Cleaners: Steer clear of alcohol, hydrogen peroxide, or antibacterial ointments, as they can damage the skin and prolong the healing period.

How can I avoid infections?

Wash Hands: Always wash your hands thoroughly before touching your piercing.

Avoid Touching or Twisting: Minimize contact with the piercing, and avoid rotating the jewellery, as this can introduce bacteria.

Steer Clear of Contaminated Water: Refrain from swimming in pools, lakes, or hot tubs during the healing period, as these environments can harbour bacteria that may lead to infections.

Caring for your piercing. Cont'd.

What should I do if I think my piercing is infected?

If you suspect an infection, consult a healthcare professional immediately. Symptoms of infection include:

- Increased redness, swelling, or warmth around the piercing
- Yellow or green discharge with a foul odour
- Persistent pain or discomfort beyond the typical healing phase
- Fever or a general feeling of being unwell

Keep in mind that many issues arise from irritation, such as catching, bumping, or frequently touching the piercing, rather than infections. If in doubt, consult a professional piercer.

How long does it take for a piercing to heal?

Healing times vary depending on the location:

Earlobes: 6-8 weeks

Cartilage (ear, nose, etc.): 2 - 6 months

Eyebrows: 6-8 weeks

Navel (belly button): 3 - 6 months

Tongue: 4-6 weeks

Nipples: 3-6 months

Even if your piercing looks healed, deeper tissue healing can take longer. Stick to your aftercare routine to ensure full recovery.

Caring for your piercing. Cont'd.

What if I develop an allergic reaction to my piercing?

Allergic reactions can include:

- Itching, redness, swelling, or a rash around the piercing
- Persistent irritation that doesn't improve with cleaning

If you suspect a metal allergy:

Switch to Hypoallergenic Jewellery: Change your jewellery to hypoallergenic metals like titanium under professional supervision to avoid complications.

Consult a Healthcare Provider: If symptoms persist, seek medical advice to prevent further irritation or scarring.

When can I change my jewellery?

Wait for Full Healing: It's essential to wait until your piercing has completely healed before changing your jewellery. Doing so too soon can reopen the wound and introduce bacteria, increasing the risk of infection.

Check with Your Piercer: If you're unsure whether your piercing is fully healed, consult your piercer before making any changes.

What should I avoid during the healing process?

Avoid Tight Clothing: Tight clothes can rub against body piercings, especially in areas like the navel or nipples, causing irritation and delaying healing.

No Makeup or Lotions: Keep makeup, lotions, and perfumes away from the piercing area to prevent clogging and irritation.

Caring for your piercing. Cont'd.

Avoid Sleeping on the Piercing: Sleeping on fresh piercings, particularly ear or facial piercings, can cause pressure and delay healing.

What if my jewellery gets stuck or won't move?

Do Not Force It: Avoid forcing stuck jewellery to move, as this can tear the healing tissue.

Warm Compress: Apply a warm saline compress to soften any dried material around the piercing that might be causing the jewellery to stick. If the issue persists, contact your piercer for assistance.

When should I see a professional?

Seek help from a professional piercer or healthcare provider if:

- Swelling, pain, or redness persists
- You notice pus or unusual discharge
- Your jewellery becomes embedded in the skin
- You experience signs of an allergic reaction or infection

Timely intervention can prevent complications and help keep your piercing in top shape.

Changing your piercing jewellery.

Changing body piercings safely and hygienically is crucial to avoid infection, irritation, or damage to the piercing. Here's a comprehensive guide to changing jewellery for different types of piercings, including ears, nose, facial, and body piercings.

General Tips for All Piercings

Ensure the Piercing is Fully Healed: Before attempting to change any jewellery, confirm that the piercing is fully healed. Healing times vary depending on the location:

- Earlobes: 6-8 weeks
- Cartilage (helix, tragus, etc.): 3-12 months
- Nose: 2-6 months
- Navel: 6-12 months
- Lip/Tongue: 1-3 months

Wash Your Hands Thoroughly: Always clean your hands with antibacterial soap and warm water before handling any piercing jewellery.

Clean the Area: Use a sterile saline solution or a professional piercing aftercare solution to clean the piercing area. Avoid using harsh antiseptics like hydrogen peroxide or alcohol as these can damage tissue.

Use Sterilised Jewellery: Ensure that the new jewellery is made from high-quality, hypoallergenic materials such as titanium, stainless steel, niobium, or gold. Always sterilise the jewellery before inserting it, either by purchasing pre-sterilised jewellery or by soaking it in a saline solution.

Gently Remove the Old Jewellery: Be careful not to tug or force the old jewellery out. If there's any resistance, it's best to leave it in and seek advice from a professional piercer.

Changing your piercing jewellery.

Use Lubrication (if needed): For tighter piercings or fresh jewellery, a small amount of water-based lubricant can help ease the process of insertion without causing irritation.

Insert New Jewellery Slowly: Gently insert the new jewellery into the piercing, ensuring it is securely in place. For captive bead rings or more complex styles, you may want to visit a professional to assist.

Monitor the Piercing: After changing the jewellery, monitor the area for any signs of infection or irritation. Redness, swelling, pain, or discharge may indicate a problem, and it's advisable to consult a professional if these symptoms occur.

Changing Ear Piercings

Earlobe Piercings: These are the simplest to change. Twist-back studs, hoop rings, or barbell earrings can be easily swapped once the piercing is healed.

Cartilage Piercings: These areas can be more sensitive and prone to infection due to limited blood flow. Be especially gentle and avoid trauma when changing jewellery such as helix, tragus, or conch piercings.

Changing Nose Piercings

Nostril Piercings: When changing nose studs or rings, make sure to clean the inside and outside of the nose thoroughly. The nose can be prone to irritation, so avoid applying too much pressure when inserting the jewellery.

Septum Piercings: Septum jewellery, such as horseshoe rings or circular barbells, can be trickier to change. Make sure the area is completely healed and clean the jewellery

Changing your piercing jewellery. Cont'd.

Changing Facial Piercings

Eyebrow Piercings: Changing eyebrow barbells or rings requires a bit of extra caution due to the movement and sensitivity of the area. Avoid tugging on the jewellery, and clean both the piercing and the surrounding skin carefully.

Lip and Tongue Piercings: Oral piercings are prone to bacteria, so use a saline solution or mouthwash to clean the area before and after changing the jewellery. Be cautious with the size of the new jewellery to avoid irritation or damage to teeth and gums.

Changing Body Piercings

Navel Piercings: The navel area is prone to infection if not kept clean. When changing navel jewellery, such as curved barbells or rings, clean the area thoroughly with a sterile solution. Gently remove the old jewellery and insert the new piece, ensuring it's the right size to avoid irritation.

Nipple Piercings: Nipple piercings take longer to heal and can be more painful to change. Make sure the piercing is fully healed and clean both the piercing and jewellery carefully before attempting to change it.

Surface and Dermal Piercings: Surface piercings, like dermal anchors, should ideally be changed by a professional. These piercings are more prone to rejection and infection, so handling them carefully is essential.

Changing your piercing jewellery. Cont'd.

Sure! I'll use the style and detail level of your past content as a guide for the new text. Here's an overview of changing genital piercing jewellery:

Changing Genital Piercing Jewellery

Changing jewellery in a genital piercing can be straightforward when done correctly, but it requires care, patience, and proper hygiene to avoid complications. Whether you're switching to a different style or size, following the right steps ensures your piercing remains healthy and comfortable.

Timing is Key

Before changing your jewellery, make sure your piercing is fully healed. Genital piercings can take several months to heal, depending on the type. Rushing the process can lead to irritation, infection, or other complications. If you're unsure whether your piercing is ready, consult your piercer for advice.

Preparing for the Change

Hygiene is essential when handling any piercing, but it's particularly important with genital piercings due to the sensitive nature of the area. Always wash your hands thoroughly before touching your piercing or jewellery. It's also a good idea to clean the area with saline solution to remove any build-up and reduce the risk of infection.

If possible, use gloves to avoid contamination during the change. Make sure your new jewellery is clean and sterilised, either by soaking it in saline solution or using a specialised cleaning product.

Changing your piercing jewellery. Cont'd.

Removing the Old Jewellery

For most genital piercings, removing the jewellery is similar to other types of body piercings. Gently unscrew any threaded ends or, in the case of rings, carefully twist open the clasp. If you're having trouble removing the jewellery, don't force it, as this can damage the tissue. In these cases, it's best to seek assistance from your piercer.

Inserting the New Jewellery

When inserting new jewellery, make sure the size and style are appropriate for your piercing. Larger or incorrectly shaped jewellery can cause discomfort or even damage to the piercing. Lubricating the jewellery with a sterile, water-based lubricant can help it slide in more easily. Be gentle and take your time, ensuring the jewellery goes in smoothly without causing irritation.

Once the jewellery is in place, check that it's secure, but avoid over tightening as this could irritate the piercing. Again, if you encounter any issues during insertion, it's better to consult a professional.

Changing your piercing jewellery. Cont'd.

Final Tips

Seek Professional Help: If you are unsure or uncomfortable changing your own jewellery, visit a professional piercer. They have the tools and expertise to change jewellery safely and hygienically.

Avoid Touching: After changing your jewellery, avoid unnecessary touching to minimise the risk of infection.

Watch for Complications: If you notice swelling, unusual pain, or any sign of infection, remove the jewellery and consult a professional immediately.

By following these guidelines, you can change your body piercings safely and minimise the risk of complications.