

PIERCING AFTERCARE GUIDE

Heal beautifully

Your stack, cared for from day one to fully healed.

Beautiful piercings are half placement, half aftercare. Follow this simple routine and your stack will heal cleanly and comfortably. A little redness, clear crusting, and tenderness in the early days is completely normal. Questions during healing? Text the studio any time — that support is part of your appointment.

The routine — clean twice daily

Use a sterile saline wound wash with sodium chloride (0.9%) as the only ingredient — homemade sea-salt mixes are no longer recommended. Spray or apply it to the piercing once or twice a day, then gently pat dry with a clean, disposable paper towel — never a cloth towel.

Do & don't

Do

- Wash your hands thoroughly before touching the piercing — every time.
- Clean with sterile saline twice a day, morning and night.
- Pat dry with a fresh paper towel; cloth towels harbor bacteria and snag.
- Keep makeup, lotions, hair product, perfume and sprays away from the area.
- Sleep on clean bedding and avoid putting pressure on a fresh piercing.
- Leave the original jewelry in for the full healing period.
- Support healing from the inside: rest, hydration, and good nutrition help.

Don't

- Don't twist, turn, rotate or play with the jewelry.
- Don't use alcohol, hydrogen peroxide, Neosporin or harsh ointments.
- Don't submerge in pools, hot tubs, lakes or the ocean while healing.
- Don't change or remove the jewelry before it's fully healed.
- Don't over-clean — cleaning more than twice a day irritates the piercing.
- Don't let anyone touch it, and keep pets, hair and phones away.

Healing times & tips by piercing

Every placement heals on its own timeline. Here's what to expect for the piercings Syd offers.

Earlobe**HEALS IN 4–6 WEEKS**

- The fastest-healing piercing — but it still needs the full routine.
- Keep phone screens and earbuds clean and off the fresh piercing.
- Be gentle pulling clothing over your head.

Ear cartilage — helix, flat, conch, tragus, daith, rook**HEALS IN 3–12 MONTHS**

- Cartilage heals slowly; it looks healed long before it actually is — patience pays off.
- Avoid sleeping on it; a travel or donut pillow takes the pressure off.
- A small irritation bump can appear — don't panic and don't change the jewelry; message Syd.

Nostril**HEALS IN 3–12 MONTHS**

- Apply skincare and makeup carefully, keeping product away from the piercing.
- Be mindful blowing your nose and taking off clothing or glasses.
- Stay with the initial stud or hoop until fully healed before swapping styles.

Septum**HEALS IN 6–8 WEEKS (UP TO 3 MONTHS)**

- Light “crusties” and a slight smell early on are normal — keep cleaning gently.
- Avoid flipping the jewelry up and down while it's still fresh.
- Keep fingers out of your nose and avoid irritating sprays and scents.

Navel**HEALS IN 6–12 MONTHS**

- One of the longest heals — protect it during exercise and sleep.
- Skip high-waisted, tight or stiff waistbands that rub the piercing.
- Pat dry after showering and avoid pools and hot tubs while healing.

When to reach out

Most healing is uneventful. Contact a healthcare professional if you notice:

- Spreading redness, increasing heat, or swelling that worsens after the first few days.
- Thick green or yellow discharge with a strong odor (clear or white crust is normal).
- Severe or growing pain, or a fever.

Don't remove the jewelry if you suspect an infection — it can trap it inside. Reach out first: hello@stacksbysyd.com.

Questions during healing? Text the studio any time · hello@stacksbysyd.com · [@stacksbysyd](https://www.instagram.com/stacksbysyd)