



HOUSE OF GRIM — PIERCING AFTERCARE

THANK YOU FOR CHOOSING US.

We hope you had a great experience. Follow these instructions for the full healing period — piercings heal from the outside in. Looking healed on the surface does not mean healed internally.

RULE #1 — ALWAYS WASH YOUR HANDS FIRST

Wash thoroughly with warm water and liquid soap before touching your piercing for any reason. Dry with a clean paper towel. This single step prevents most infections.

UNIVERSAL AFTERCARE — ALL PIERCINGS

✔ WHAT TO DO

- **Spray twice daily** with sterile saline wound wash — 0.9% sodium chloride, no additives
- Dry with **clean disposable gauze or paper towel** — gently clear any crust from the jewelry
- Regularly check threaded and threadless ends for **tightness — righty tighty**
- Keep **bedding and pillowcases clean** and changed regularly
- Leave **original jewelry in place** for the full healing period
- If jewelry must come out temporarily (e.g. surgery), **contact us before removing it** — we can help you source a non-metallic retainer. Note: we do not currently carry retainers in-studio but can point you in the right direction
- Even healed piercings can **close in minutes** — keep jewelry in if you want to keep the piercing
- Contact us with any questions or concerns — 905-544-1222

✘ WHAT TO AVOID

- **Do not twist, rotate, or play** with jewelry — especially when dry. Moving dry jewelry tears the piercing channel.
- **Do not change jewelry** until fully healed — always check with your piercer first
- **No soaking:** pools, hot tubs, lakes, oceans, baths. *Showers are fine.*
- **Never use:** alcohol, hydrogen peroxide, Betadine, Dettol, Bactine, antibacterial soap, iodine, ointments, natural oils, essential oils, scented products, Vaseline, baby oil, goat's milk, Epsom or table salt
- **Do not over-clean** — twice daily maximum
- No **perfume, makeup, or skincare** on or near the piercing until healed
- No **charms or accessories** on jewelry until fully healed
- Avoid **excess stress, alcohol, and nicotine** — all slow healing

PIERCING-SPECIFIC AFTERCARE

STANDARD PIERCINGS

Earlobes, eyebrow, nose, septum, nipple, navel, surface, dermal

- Saline spray twice daily — morning and night
- **Ear/facial:** sleep on a travel pillow (ear in the hole) or use the T-shirt pillowcase trick — fold a clean T-shirt over your pillow for 4 clean sides
- **Nose/septum:** be careful blowing your nose — do not bump or drag the jewelry. Avoid makeup and skincare products on the site.
- **Navel:** wear loose waistbands. Protect from friction with a hard vented eye patch (available at pharmacies).
- **Nipple:** wear a soft, tight cotton bra or shirt for protection, especially while sleeping. Loose clothing otherwise.
- **Dermal/surface anchor:** requires maintenance for its entire lifetime — matter builds under the top. Rinse with saline even after healed. Avoid makeup on the site always. May be less permanent than other piercings. **There is no downsize for surface piercings or microdermals.** If the jewelry must come out during healing, contact us immediately — do not attempt to remove it yourself.

CARTILAGE & ADVANCED EAR

Helix, rook, daith, conch, tragus, forward helix, antitragus, industrial

- Cartilage heals significantly slower than soft tissue — **do not rush a downsize or jewelry change**
- Avoid sleeping on the pierced side — use a travel pillow with the ear in the hole to avoid pressure
- **No headphones, earbuds, or on-ear items** near the piercing while healing
- Watch for snagging on **glasses, hats, scarves, hair, and clothing** — snagging is the #1 cause of irritation bumps
- Clean phones and anything that contacts your ear regularly
- **A downsize is usually needed at 6-8 weeks** — come back in for this, do not attempt it yourself
- Surface healing does not equal internal healing — follow aftercare for the full healing duration

ORAL PIERCINGS

Tongue, lip, labret, cheek

- Rinse with **non-alcoholic, non-antibacterial mouthwash** (or saline) for 30 seconds after every meal, drink, or smoke
- Brush teeth twice daily and maintain strong oral hygiene throughout healing
- **No alcohol for at least 2 weeks**, especially beer
- **No oral sex or kissing** for at least 2 weeks. No sharing cups or utensils.
- Avoid **spicy, acidic, crunchy, or hard foods** in the early weeks. **Avoid dairy** during initial healing.
- Do not touch, play with, or suck on the jewelry
- **Tongue swelling is normal** and subsides quickly — cold water and ice chips help
- Come back in for a **post-swelling downsize** — the longer bar you were pierced with is temporary

GENITAL PIERCINGS

Clitoral hood, inner/outer labia, Christina, fourchette, triangle

- Clean twice daily with sterile saline spray or warm saline soak (1/4 tsp non-iodized sea salt in a shot glass of warm water)
- Dry with **fresh disposable paper towel only** — never a shared towel
- **No sexual activity** until healed or fully dry. When resuming: use **condoms and/or dental dams**, even in long-term relationships. Use water-based lubricant (new container — not saliva). Shower after.
- Use protection on sex toys as well
- Do not pick at crust — soften first with warm saline to avoid tearing the piercing channel
- Always tighten threaded balls by screwing right after cleaning

ESTIMATED HEALING TIMES

PIERCING	DOWNSIZE	FULL HEALING
Earlobe	6-8 weeks	2-4 months
Eyebrow / Septum / Bridge / Lip / Labret	6-8 weeks	6-8 weeks - 6 months
Nostril	6-8 weeks	6-12 months
Ear cartilage (helix, rook, daith, conch, tragus, forward helix, antitragus)	6-8 weeks	6-12 months
Tongue	2-4 weeks (post-swelling)	4-6 weeks
Nipple	6-8 weeks	6-12 months
Navel	6-8 weeks	6-9 months
Surface / Dermal anchor	10-12 weeks	6+ months (ongoing maintenance)
Clitoral hood / Inner labia	—	4-6 weeks
Outer labia / Christina / Fourchette / Triangle	—	3-9 months

SEEK MEDICAL ATTENTION IMMEDIATELY IF YOU HAVE

Fever · **Spider-web-like red veins** spreading from the site · **Shortness of breath or dizziness** · **Green/yellow discharge** with a foul odour · **Severe swelling, burning, or throbbing** that does not subside

Also contact House of GRIM so we can document: 905-544-1222 ·

House of GRIM · 196 Parkdale Ave N, Hamilton ON · 905-544-1222
 · grimstudios.ca · Instagram &mid