



Body Piercing Aftercare Guidelines

Questions should be sent to SOS.OPRLicensing3@vermont.gov. At a minimum, the following line items need to be incorporated into a shop's Piercing Aftercare Instruction handout/brochure with full explanation and clinical recommendations from the practitioner:

- **What the site will look and feel like over the next few days (for example, there might be some bruising or swelling) [3.4(F)(1)(a)]**
- **Instructions for cleaning the site and application of cleaning solutions and sea salt soaks until the piercing has healed. Clients should be sure that they wash their hands before caring for their piercing. [3.4(F)(1)(b)]**
- **Advise against using band-aids or other bandages that limit air circulation. [3.4(F)(1)(c)]**
- **Client activity restrictions. For example, clients should avoid:**
 - **Over-cleaning the piercing site. [3.4(F)(1)(d)(1)]**
 - **Submerging piercing in water such as pools, lakes, Jacuzzis, etc. [3.4(F)(1)(d)(2)]**
 - **Tight waistbands (for naval piercing). [3.4(F)(1)(d)(3)]**
 - **Hair spray and make-up (for ear and facial piercing). [3.4(F)(1)(d)(4)]**
 - **Use of condoms (for genital piercing). [3.4(F)(1)(d)(5)]**
- **Signs and symptoms of infection. These include excessive redness, swelling, severe itching, or pus at the piercing site. Fever is also a sign of infection. Clients should be instructed to contact you and their health-care provider if signs and symptoms of infection occur. If an infection is suspected, jewelry should be left in until the client can be seen by a health provider. [3.4(F)(1)(e)]**
- **Aftercare instructions for oral piercings should also include the following information:**
 - **Rinsing with cleaning solutions and sea salt mixtures after eating. [3.4(F)(2)(a)]**

- Suck on ice to reduce swelling. [3.4(F)(2)(b)]
- Removal of plaque from tongue jewelry. [3.4(F)(2)(c)]
- **Client activity restrictions. For example, clients should avoid:**
 - Oral sex. [3.4(F)(2)(d)(1)]
 - Chewing gum, tobacco, and other objects. [3.4(F)(2)(d)(2)]
 - Smoking. [3.4(F)(2)(d)(3)]
 - Aspirin. [3.4(F)(2)(d)(4)]
 - Salty, spicy, acidic, alcohol, and hot foods (for first few days). [3.4(F)(2)(d)(5)]
- **Shop phone number for client questions. [3.4(F)(1)(f)]**

***The above requirements are mandated by the relevant OPR Rules Relating to Body Piercing and are meant to serve as outlines for piercers to provide further detail and specificity on their own Body Piercing Aftercare Instructions.**

***Additional information consistent with the piercer's own clinical and professional preferences may be provided on the Piercing Aftercare Instructions. However, these additions shall not exclude or substitute for the above requirements.**