



Rule #1: If it hurts don't do it - yet.

We understand that every man is different but here is some general information to support you in the healing of your new genital piercing. Please use this information in conjunction with the general aftercare instructions.

- All new piercings carry an increased risk of STI transmission until they are healed. Risk is highest during the first 2 weeks. Exposure to anyone else's body fluids other than your own should be avoided. This includes saliva.
- Ejaculation by your own hand is *gently* possible as soon as you like - however if in doubt refer to **Rule #1 above**.
- Penetrative sex *gently* with plenty of clean water based lube and a condom can be attempted as soon as you feel ready. Take it easy and always remember **Rule #1**.
- Jewellery should be firm fitting on erection but not too tight. Most jewellery styles are available in a large range of lengths and diameters so please let us know if you need a jewellery change at any time during your healing process.
- It is not uncommon for piercings through the head of the penis to bleed **SIGNIFICANTLY** for the first few days - especially during a strong morning erection. Sleeping on a towel can be useful. Bleeding **WILL** stop and your penis will be **OKAY** :) Sanitary napkins absorb blood if needed.
- Drink plenty of water and urinate often. It will hurt less.
- Remember to check threaded balls daily for tightness.
- Prince Albert piercings can be stretched after 3 months.
- All genital piercings can shrink or close without jewellery. Please come and see us promptly if you are unable to reinsert jewellery yourself.
- **NEVER** force your foreskin to stay retracted.
- Please let us know if you need **ANYTHING**.



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Most female genital piercings tend to heal quite quickly and easily. A piercing is far less traumatic to genital tissue than child birth so healing is usually quite straightforward.

This information should be used in conjunction with the general aftercare instructions.

- All new piercings carry an increased risk of STI transmission until they are healed. Risk is highest during the first 2 weeks. Exposure to anyone else's body fluids other than your own should be avoided. This includes saliva.
- Ensure your hands are clean whenever touching your piercing while it is healing.
- Gentle masturbation can be enjoyed as soon as you feel ready although your technique may need to be altered. **See Rule #1**
- During penetrative sex be in a position where you can move if you need to. **See Rule #1**
- Soaking fresh genital piercings is easiest while sitting on the toilet and submerging your piercing/s in a cup or shot glass of fresh salt water.
- All of your bodily fluids are sterile to you. This includes urine and menstrual blood. Urine is also antiseptic so will sting if wiped over a piercing. Blotting is better.
- It is normal for your vaginal odour to change whilst using salt water.
- Always check tampon cords are free of jewellery before pulling.
- Cotton underwear is better.
- Remember to check any threaded ends regularly.
- All genital piercings can shrink or close without jewellery. Please come and see us promptly if you are unable to reinsert jewellery yourself.
- Don't wear any weights on your piercings until they are well healed. **See Rule #1**
- We are here if you have any questions or concerns.