

PIERCING HEALING TIMELINE

Earlobe

Healing Time: 6–8 weeks
Heals fast, but still needs daily care.

Cartilage (helix, conch, tragus)

Healing Time: 4–12 months
Takes longer – be patient and gentle!

Nostril

Healing Time: 2–6 months
Avoid makeup and harsh cleansers nearby.

Septum

Healing Time: 6–8 weeks
Heals faster than you think if left alone.

Tongue

Healing Time: 4–6 weeks

Swelling goes down in days, but be mindful when eating.

Navel (Belly)

Healing Time: 6 months – 1 year

Easily irritated – avoid tight clothing.

Nipple

Healing Time: 6–12 months

Healing varies. Stay consistent with aftercare.

Eyebrow

Healing Time: 6–8 weeks

Clean twice daily and avoid movement.

MEET
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SWIPE



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