

Tips for Skin Picking Disorder &

piercings

Piercings can be a fun form of self-expression! With so many piercing placements and jewelry to choose from, getting a piercing can be an exciting experience. But with any type of body piercing there are risks, and if you're a sufferer of Dermatillomania, these risks can be exacerbated. One of the most important rules your piercer may tell you is to not touch the pierced area, as playing with it can cause complications in the healing process and possibly even infections! But for those with Dermatillomania, telling us to "not touch" a triggering area is way easier said than done. Check out our tips on safely managing a healing piercing with Skin Picking Disorder.

→ Be aware of risks & make sure you're 100% positive about getting pierced

With piercings, there's always a small risk of infection or complications, so make sure you're 100% certain you understand these risks. Your piercer will give you a form to fill out that includes common risks. Make sure to read the form thoroughly before signing. If you want to get pierced but feel you may be unable to manage not picking at the area, it might be better to wait until you feel your Skin Picking management is in a better place. Waiting a bit longer is worth it over getting an infection.

→ Consider the piercing placement

Think about what you'd like to get pierced in relation to your Dermatillomania. Are the inside of your ears a big trigger? You might want to steer clear from getting a Daith or Tragus piercing. If your face is a picking trigger, you may want to avoid surface piercings like on your eyebrow. Spend some time researching different piercing placements to get a feel for which ones you'd be most comfortable managing triggers with.

→ Go to a reputable piercer & be prepared to spend a little more

Research and check reviews of where you're getting your piercing at. Many tattoo shops also have a piercer in-house that you can make an appointment with. It's SUPER important to go somewhere that practices safe, clean piercing practices with a NEEDLE, even if you're just getting a lobe piercing. DO NOT get pierced anywhere that uses a piercing gun (i.e. Claires), as the gun just shoves the blunt earring into your skin, resulting in a higher risk of complications. These places may be cheaper, but it's well worth-it to spend a little more to ensure a safe piercing experience.

→ Keep hands and piercing clean

Invest in a bottle of antimicrobial soap and a spray-on saline solution for piercing aftercare (like Steri-Wash or H2Ocean). Wash your hands with the antimicrobial soap often (in case your hands wander to the pierced area) and whenever you're cleaning the piercing. It's recommended to clean your piercing twice a day. Spray the area with saline solution and pat dry with a disposable paper towel. The spray is a great tool at washing away crusties/build-up without having to touch the piercing.

→ Redirect your finger energy

As stated before, one of the most important things about healing a piercing is to not touch it. But how can those with Dermatillomania resist the compulsion? One way is to keep your fingers busy! Keep fidget toys nearby in areas where you're most triggered to pick. Try twisting a Tangle, clicking a Fidget Cube, squishing putty, or even cracking Pistachio shells. Get creative by fidgeting with items found around the house, like paper clips or clicky pens.



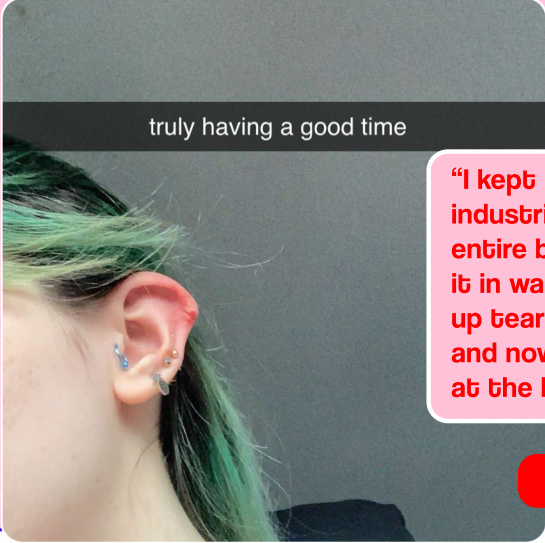
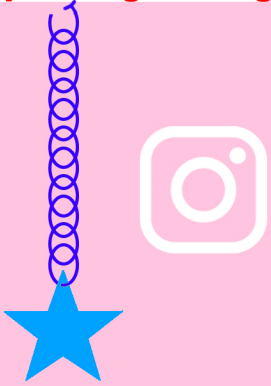
citali (͡° ͜ʖ ͡°)
@m0m1n9st4rz

guys pls how do i stop picking at my skin :(i'm getting a keloid on my new nostril piercing all because i have no self control



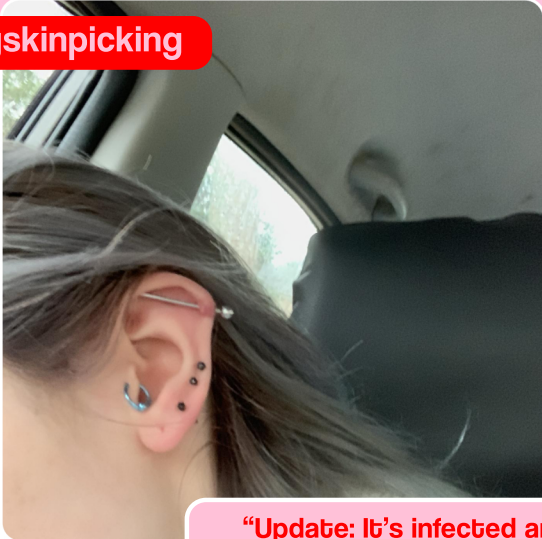
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"I kept picking at my industrial to the point the entire bridge of skin keeping it in was a scab and it ended up tearing through my ear and now I can't stop picking at the little torn skin bits."

@nitpickyskinpicking



"Update: It's infected and crusty and I can't stop picking I've never had a problem with piercings like this before (this is my 15th piercing)"

→ **Use barriers & awareness strategies**


Create a barrier for your piercing by loosely placing a small piece of hypoallergenic tape or a bandaid over it. Make sure to replace the barrier regularly and allow your piercing to breath at points. You can also wear jingly bracelets to help you gain awareness of where your hands are on your body with the noise. Try checking out ear piercing covers on Amazon to create a barrier as well.

→ **Wait for piercing to completely heal before changing it**

Don't try to change your piercing before the recommended healing time your piercer tells you! This only causes the healing to take even longer, can shrink the piercing hole and puts it at a higher risk for infection and other complications.

→ **Seek medical help if you think you're having piercing complications.**

If you're experiencing fever, chills, red/swollen skin around the piercing area, pus leaking from the piercing or it's warm and painful to the touch, we recommend seeking help from a medical professional. If you think your piercing is infected, DO NOT try to remove the jewelry yourself as it can make the infection even worse.

 **Chey**
@poisiongirl

I think my labret piercing might actually be super helpful for me. I've been trying to overcome my dermatillomania for a long time and it has always seemed hopeless. But now with this piercing on my lip it's going to be a lot harder to bite/pick at my lips. So yay!!



 **Quinn**
@rosebyan0thernm

Cw // skin picking

someone Please make me stop picking at my eyebrow piercing every time it gets dry or crusty, that's exactly why it still hasn't fully healed almost a year later 🙄🙄