



Basic Aftercare Instructions

Your piercing needs to be cleaned once a day for the first part of the healing period. Do not clean the piercing more than once a day and do not for any reason remove, rotate, or twist the jewelry "even when cleaning the piercing". Once healed," meaning there is no redness, soreness, or sensitivity to the piercing or skin around the piercing" the jewelry can be changed. We do not recommend changing the jewelry yourself for the first time. We will do this for you at no charge. Healing times vary from piercing to piercing and can span from as little as 2 months to as long as 8 months.

Instructions for cleaning

- Pre-soak solution = 1/4 tsp. sea salt mixed with a cup (8oz) of hot distilled water (use disposable cups) Soaking is best accomplished by placing a cup of the solution over the piercing for 5-10 minutes. A saturated cotton ball or swab will also work for piercings that are difficult to submerge. (Nostril, septum, etc)
- Do not rotate, turn, twist, or move the jewelry while cleaning. If dry matter still remains after soaking, use a wet cotton swab to remove it. Never pick discharge off with your fingernails!
- Use a liquid ant microbial soap such as Satin or Provon
- With clean fingers or a cotton ball, apply the soap to the piercing and surrounding area.
- After the soap has been on the piercing for about 30 seconds, rinse with clean water.
- Excessive movement of the jewelry may cause scar tissue to form and slow the healing process.
- Finally, pat dry with tissues, cotton swabs, or let air dry.
- Do not towel dry, cloth can often harbor bacteria or can get caught on the jewelry. Let air dry.

Avoid

- Povidone Iodine: Betadine
- Benzalkonium Chloride: Bactine
- Chlorhexidine Gluconate: Hibiclens
- Isopropyl Alcohol
- Hydrogen Peroxide
- Antibiotic Ointments such as : Bacatracin, Mycitracin, or Neosporin

Vitamins

- A multi-vitamin taken daily with meals has been proven to be helpful in speeding up the healing process.

Important Tips

- If you get into any body of water while healing the piercing such as: lakes, ponds, swimming pools, hot tubs, or even the ocean the piercing needs to be covered with a water proof bandage such as a: **Tegaderm Patch**
- Prior to cleaning, wash hands thoroughly with antimicrobial soap and hot water.
- If for any reason you think you have developed an infection come back in as soon as possible. For no reason should you remove the jewelry do to the potential risk of trapping the infection under the skin causing an abscess.

If your new piercing is a genital piercing you need to avoid contact with anyone else's bodily fluids for the healing period. During this time make sure and use protection such as (condoms, dental dams, etc.) even in a monogamous relationship. Bodily fluids can transfer germs as well as spread any infections or S.T.D.'s.

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