

## *Congratulations!*

Aftercare of your new piercing is an essential part of the healing process. Now bear in mind that it is not a difficult or demanding process, in fact keeping it simple often yields the best results!

## *What you Need:*

1. An all-natural liquid soap. Either one of the following brands is acceptable:
  - Punk Medics
  - Dr. Bronner's
  - Jason's
  - Druide
2. Also the purchase of one of the following rinsing products:
  - Simple Care Piercing Spray
  - H2Ocean Saline Spray
  - Drugstore Saline Solution

★ Please note the expiration date of drug store saline solution, as many can expire 1 week to 1 month after opening.

## *Basic Cleaning Instructions*

**WHEN** : Once a day, morning is best.

**WHERE** : Preferably at the end of a shower.

**WITH** : All-natural liquid soap.

**HOW** : Place a dime-sized portion of soap into the palm of one hand and lather. Now gently lather the site of your piercing ensuring that you gently remove all lymphatic secretions (crusties) from jewelry and skin.

**RINSE UNDER CLEAN WATER.**

**TO FINISH** : Once out of the shower, spray piercing with one of your chosen rinse products and pat dry with a disposable paper product.

## *Also Recommended*

Performing hot soaks upon your piercing can greatly increase the speed in which it heals. Hot soaks can also aid in accelerating the recovery of your piercing should it be accidentally injured.

For hot soaking, you will require an appropriate solution. Please choose from any of the following:

1. 8 oz distilled H2O + 1/4 tsp non-iodized sea salt
2. Chamomile tea
3. Lavender tea

**WHEN** : Once or twice a day

**HOW** : Invert a cup of your WARMED solution over your piercing and hold firmly to form a seal between your skin and the cup. Hold for 5-10 minutes. Remove and dry with a disposable paper product. If a cup is impractical, use clean gauze soaked in your solution and re-wet as it cools.

## *Other Helpful Tips*

- Check your jewelry periodically to ensure the balls are snug (if they are threaded). **WASH HANDS PRIOR TO THIS.**
- Do not be tempted to change your jewelry too soon. One should wait a minimum of 3 months after the piercing has healed before doing so.
- If you believe your piercing is infected, please contact us or a physician immediately. **DO NOT REMOVE** the jewelry as this could "trap" the infection leading to a possible abscess.
- Home-made saline solution will spoil in a day, so make it each time it is needed.
- Depending upon which type or brand of pre-mixed saline solution you purchase, always refer to the manufacturer's expiration date.

## *Points to Remember During Healing*

- Avoid handling your jewelry with dirty hands
- Keep cosmetics, creams, and lotions off piercing
- Avoid submerging piercing in potentially unclean water: pools, hot tubs, etc.
- No oral or sexual contact
- Avoid tight or restrictive clothing
- Never force jewelry to move within the piercing as body piercings tend to be tighter than regular earlobe piercings and the forcing of the jewelry without prior lubrication can harm it
- And **NEVER** use any of the following items as aftercare for any piercing:
  - Anti-bacterial soaps or face washes
  - Rubbing/Isopropyl Alcohol or Hydrogen Peroxide
  - Anti-biotic ointments
  - Bactine
  - Ear piercing aftercare products containing Benzalkonium Chloride
  - Q-tips