

Cleaning Instructions

Use both of the following twice a day:

A non-iodized sea salt mixture: Dissolve 1/8 – ¼ teaspoon of non-iodized (iodine free) sea salt into one cup (8oz) of warm distilled or bottled water, or 1 gal. of distilled water to 2 tablespoons of sea salt. [Note: a stronger mix of saline can irritate your piercing.] AND; a liquid anti-microbial or germicidal soap such as Provon, Satin, or our favorite, Dr. Bronners Tea Tree Soap.

- i. WASH your hands thoroughly prior to cleaning, or toughing on or near your piercing for any reason.
- ii. SALINE soak at least two to three times daily. Simply invert a cup of warm saline solution over the area to form a vacuum for 5-10 minutes. The longer you soak, the better. For certain placements it may be easier to apply using fresh gauze saturated with the saline solution. A brief rinse will remove any residue.
- iii. SOAP no more than twice a day. While showering, lather up a pearl size drop of the soap to clean the jewelry and the piercing. Leave the cleanser on the piercing no more than thirty seconds, then rinse thoroughly to remove all traces of the soap from the piercing.
- iv. DRY with disposable paper products such as gauze or tissues, because cloth towels can harbor bacteria and catch on new piercings causing injury. Pat dry to avoid trauma.

Oral instructions

If you have an oral piercing such as a tongue piercing or a labret, you need to rinse your mouth out with an alcohol free mouth rinse like Bioteen or Scope anti-bacterial. Rinse at least twice a day or for tongue piercings, rinse after you eat or drink. (Excluding water) Lots of cold stuff is good to reduce swelling. Refrain from dairy and alcohol till your piercing is completely healed. No straws!!

What is Normal

- ◆ Initially: some bleeding, localized swelling, tenderness, or bruising.
- ◆ During healing: some discoloration, itching, secretion of a whitish-yellow fluid (not pus) that will form some crust on the jewelry. The tissue may tighten around the jewelry as it heals.
- ◆ Once healed if you fail to include cleaning your piercing as a part of your daily hygiene routine, normal but smelly bodily secretions may accumulate.
- ◆ A Piercing may seem healed before healing is complete. This is because piercings heal from the outside in, and although it feels healed the tissue remains fragile on the inside. Be patient and keep cleaning.

Helpful Tips

- ◆ Leave it alone except when cleaning. It is not necessary to rotate the jewelry while healing.
- ◆ Stay healthy. Get plenty of sleep and eat a nutritious diet. A multi-vitamin with 100% C and Zinc will help you heal faster. Exercise during healing is ok, just “listen” to your body.
- ◆ Clean and change your bedding regularly. Wear comfortable breathable clothing that protects your piercing while sleeping.
- ◆ Showering is safer than bathing because bathtubs tend to harbor bacteria.
- ◆ Avoid undue trauma to the area. This can cause the formation of scar tissue, migration, prolonged healing, and other complications.
- ◆ Avoid the use of alcohol, hydrogen peroxide, Betadine, Hibiclens or ointment.
- ◆ Do not over clean. This can delay and irritate your piercing.
- ◆ Avoid stress and recreational drug use, i.e. Caffeine, nicotine, and alcohol.
- ◆ Avoid oral contact and contact with others' bodily fluids on your piercing.
- ◆ Avoid all beauty and personal care products on or around the piercing including cosmetics, lotions, and sprays.
- ◆ Avoid submerging the piercing in water or protect it using a special waterproof bandage such as Tegaderm, which is available at drug stores.
- ◆ With genital: sexual activity is ok as soon as you feel ready. Comfort and hygiene are VITAL. Be gentle; use barriers, like condoms for every thing. Use water based lubes. Clean before and after.