

Taking care of your new **PIERCING**

What to Clean With:

Pre-packaged, sterile **saline solution** (frequently called **WOUND WASH**) OR a solution you make yourself using the following recipe: ¼ teaspoon of NON-IODIZED sea salt into 1 cup of warm DISTILLED water. Anything stronger can irritate your piercing so not too much salt!

A mild, fragrance-free **antibacterial liquid soap**, like orange dial or softsoap.

What to Do:

Always wash your hands before touching your piercing for any reason.

Saline-solution (see above) on a q-tip (not a cotton ball) 3 times daily

Soap (anti-bacterial) once daily. Lather up a dime sized drop of soap to clean the piercing and the jewelry.

Rinse to remove all soap from the piercing

Dry gently with a clean paper towel. Be careful as cloth towels could snag the jewelry.

What is Normal:

For the first few weeks: Mild pain, bruising, swelling, minor bleeding and soreness

During healing: some discoloration, itching, oozing if a white-ish fluid (not pus) that will form some crust on the jewelry. Your skin may feel tight around the jewelry as well.

Remember: Piercings heal from the inside out, so your piercing may feel just fine before the entire healing process is complete. So, even if it feels fine, the new skin is fragile on the inside. Be patient and keep cleaning it all the way to the end of your healing period.

Additional:

Avoid cleaning with Betadine, Hibiclens, Alcohol, Peroxide, Bactine, or Claire's Earring Wash. Also, don't use any ointments as they will just clog your piercing and not allow it to get the air circulation it needs.

Avoid irritation, friction from clothing, playing with the jewelry or rough cleaning

Avoid submerging your healing piercing in a pool, lake, ocean, bathtub or jacuzzi until fully healed.

Avoid all personal beauty products like cosmetics, cleansers, lotions, or sprays.

As always, please call us with any questions or concerns!

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