

PIERCING AFTERCARE

Beneath The Skin

T A T T O O

DO NOT LISTEN TO FRIENDS ADVICE!!!

Facial Piercings

Soak the end of a clean cotton swab with H2Ocean or Bactine, and remove the crusty matter from both sides of your piercing. Then gently wash your piercing with a mild **antibacterial fragrance free liquid soap** (you can use a cotton swab or your hands). Rinse thoroughly. Rotate the jewelry a few times each time you clean your piercing. After its clean saturate the piercing one last time with the spray. Do this 2-3 times a day until your piercing is fully healed. Avoid contact with facial cleansers, cosmetics, or other facial products to your piercing. Avoid touching your piercing with unwashed hands. Avoid lakes, pools, and hot tubs for the first two weeks.

Body Piercings

Soak the end of a clean cotton swab with H2Ocean or Bactine, and remove the crusty matter from both sides of your piercing. Then lather some **antibacterial fragrance free liquid soap** in your hand, and apply to your piercing and the surrounding area. Let sit for 10-15 minutes, then rinse thoroughly. Rotate the jewelry a few times each time you clean your piercing. After its clean saturate the piercing one last time with the spray. Do this 2-3 times a day until your piercing is fully healed. Avoid contact with body products to your piercing. Avoid touching your piercing with unwashed hands. Avoid lakes, pools, and hot tubs for the first two weeks.

Oral Piercings

Rinse with an **antiseptic mouthwash** (such as Listerine) diluted 50% with spring water every time you eat, drink, or smoke anything. **Avoid alcoholic beverages for the first two weeks!** For tongue piercing, eat soft meals for the first week, or until no longer uncomfortable, and lots of **crushed ice, popsicles, ice cream, and milkshakes (no straw!)** to reduce swelling. Avoid deep tongue kissing and performing oral sex for the first two weeks.

Genital Piercings

Clean your piercing as you would for a body piercing, but once daily. If you find you are sensitive to anti-bacterial soap, you can use Summer's Eve feminine wash (not the douche). An unscented pantyliner can be worn to avoid staining. Avoid all sexual contact for the first two weeks, and latex condoms should be worn for the remainder of the healing period. Avoid lakes, pools and hot tubs for the first two weeks.

Things to remember

Alcohol, peroxide, first aid gels, and iodine are never appropriate to clean your piercing with! Always wash your hands before touching your piercing. 50 mg. of zinc, or 500-1000mg. of vitamin C will greatly help the healing process. If you have any questions, concerns, or complications, **DO NOT REMOVE YOUR JEWELRY!** Don't hesitate to call us with any questions or concerns.

If you have any questions at all do not hesitate to call or email us.
Thank you for letting us serve your piercing needs.