

BODY Piercing Aftercare

Cleaning Solutions

Use an **antibacterial soap** such as Dial, Lever 2000 or soft soap and warm water. Check active ingredients to be sure of antibacterial properties.

Use **antiseptic rinse** such as Bactine or Betadine immediately after washing to ensure proper sanitation and reduce irritation of the area.

Seasalt Water Soaks

Mild Saltwater soaks are always suggested for fresh piercings. Seasalt increases air and blood circulation to aid the healing and reduce irritation.

Add 1/4 teaspoon seasalt to 8 oz. of warm warm water in a clean cup. Place the cup against your piercing and allow it to soak for 5-10 minutes twice daily.

A small squeeze bottle full of the seasalt solution can be carried with you to rinse your piercing throughout the day and before physical activity to prevent crust from being pulled inside the piercing as you move around.

What To Do

ALWAYS WASH YOUR HANDS THOROUGHLY WITH ANTI-BACTERIAL SOAP BEFORE TOUCHING OR HANDLING YOUR PIERCING.

The shower provides the best area to clean your piercing due to the running water and the ability to fully lather the area. Wash your piercing twice daily- once in the morning and again at night. No more, no less. Pat dry with a paper towel and rinse with antiseptic solution. Allow to dry.

Use seasaltwater soaks throughout the day, but not within an hour of cleaning.

Your new piercing is in your hands and the outcome depends on you. **DO NOT USE ALCOHOL, PEROXIDE, BACITRACIN, NEOSPORIN, TRIPLE ANTIBIOTIC OINTMENT** or anything else not mentioned here. Most importantly, advice should only be taken from the person who pierced you. **DO NOT TAKE ADVICE FROM ANYONE ELSE.**

Piercing: _____ Healing Time: _____

Piercer: _____ Please call for any questions: 410-719-1090