

Suggested Aftercare for New Body Piercings.

You must clean your piercing 3-6 times a day, once every 4 hours using a sterile saline solution, such as our H2Ocean wound wash piercing spray, OR antibacterial foam soap 2 times a day, morning and night. Rinse thoroughly.

DO NOT USE BOTH AT THE SAME TIME THAT IS OVER CLEANING AND REMOVING THE GOOD BACTERIA ON YOUR BODY. WHICH WILL FURTHER DELAY YOUR HEALING. If you use the foam soap, you can clean your piercing in the shower.

Your new piercing may secrete a small amount of fluid called lymph, (the body produces it if there is something in it that does not belong), which is normal and healthy. As this fluid dries throughout the day, it becomes hard and somewhat sharp. Do not move the jewelry to remove the crusty buildup. Use H2Ocean wound wash piercing spray and apply slight pressure with a clean q-tip to the jewelry to safely remove the buildup.

DO NOT TOUCH YOUR NEW PIERCING PERIOD!!! UNLESS YOUR HANDS HAVE BEEN THOROUGHLY WASHED. OR YOU ARE IN THE SHOWER!!!

DO NOT USE REGULAR SOAP, PEROXIDE, ALCOHOL, OR OINTMENTS SUCH AS NEOSPORIN

Antibacterial ointments, such as Neosporin and Bacitracin is strongly discouraged, as ointments may block oxygen from the piercing, as well providing a place for stronger contaminants to breed. Alcohol is an ineffective cleaning agent. Peroxide may create scar tissue with repeated use.

All items listed above can damage healing skin cells and further create scar tissue and irritation.

THINGS TO AVOID: Touching your new piercing with dirty hands, ALL chlorine/natural salt pools, the beach, and rough handling. For GENITAL PIERCINGS: Avoid foreign body fluids and tight, restrictive clothing.

For the first 6 - 8 WEEK PERIOD! Piercings must go through 2 healing phases. The first 6 - 8 weeks of your new piercing is an open wound and vulnerable to a bacterial infection. Cleaning habits must be practiced every day, as your piercer instructed. The second phase: your piercing is still healing however, it is toughening up and can take 1-2 years for enough scar tissue to form to be considered healed. You can continue all activities and change out your jewelry for something new after the initial 6 - 8 week healing phase. After the 2 phases, the piercing is considered permanent and may be manipulated to your liking. The jewelry is IMPLANT SURGICAL STEEL, or TITANIUM (by request) which means it will not rust, tarnish, or go bad while it is in your body.

LADIES: Absolutely NO MAKEUP around your new piercing. Avoid face washes, cleansers, toners, moisturizers, etc. until after the first 6 – 8 week period, because the various chemicals such as alcohol, benzoyl peroxide, and salicylic acid can cause severe irritation and discomfort. Also avoid using a makeup remover pad, as it can put bacteria into your new piercing.

Suggested Aftercare for New Oral Piercings.

- ANYTIME you eat, drink something that is not bottled water, or smoke, you MUST rinse your mouth thoroughly with an ALCOHOL FREE mouthwash. Rinse gently and use warm water for a final rinse. → NO LISTERINE!!
 - Cut down on any smoking, Hell, Quit!
 - Wet kissing/Oral sex must be strictly avoided.
 - After approximately 10 days-2 weeks, once all the swelling has completely diminished, you can return to purchase shorter jewelry.
 - Keep ice on it for the first 3-5 days. Do not suck on it and avoid straws. Sucking actions will irritate your new piercing further. Avoid eating noodles as well.
 - Try not to talk, RELAX.
 - An anti inflammatory is suggested, whatever you are not allergic to.
 - HYDRATE, HYDRATE, HYDRATE. The more water you consume, the less swelling you will have. It is also recommended to ingest a multivitamin, as the effects are positive in healing.
 - Once all soreness and discomfort have diminished, be sure to brush your tongue with a soft bristle toothbrush, as well as the barbell itself. Especially the bottom ball, because that is where the most food and plaque buildup will be. This will also aid in eliminating bad breath while you have the piercing.
- We encourage follow up visits. We are never too busy to answer your questions. When in doubt, call us, better yet, STOP IN!! DO NOT LISTEN TO YOUR FRIENDS! 99% OF INFECTIONS COME FROM TOUCHING YOUR PIERCINGS AND LISTENING TO STUPID PEOPLE'S ADVICE.

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Jewelry Gauge: _____ Length: _____.

Your business is greatly appreciated, and we thank you for choosing our shop. If you enjoyed your experience here today and feel I did the job well as your body piercer, please don't forget to LOG INTO YOUR GMAIL ACCOUNT TO REVIEW ME ON GOOGLE BY SEARCHING SACRED RITES TATTOO! ! !

Your Piercer today was: _____

