

Piercing : _____ Jewelry : _____

If healing well, jewelry can be downsized in : _____

Healed in _____ Piercer: **Brian** at Skin Hooked Tattoo & Body Piercing

Suggested Aftercare For Piercing

Solution for Cleaning:

(Piercer recommended) Use a packaged sterile saline solution 2-3 times a day until healed.+

To make your sea salt mixture: Dissolve ¼ teaspoon of non-iodized sea salt into 8 oz warm distilled or bottled water. A stronger mixture is not better!

Cleaning Instructions:

Thoroughly wash hands prior to making contact with your piercing. Clean 2-3 times a day with saline solution. Spray your piercing or fully saturate a cotton swab with saline and roll on piercing to remove any debris. Make sure to dry the piercing thoroughly afterwards. Once further into the healing process, you will be able to simply mist saline directly onto skin and allow it to air dry. When washing, rinse thoroughly with warm water. To dry: lightly pat with a disposable paper towel. Cloth towels can harbor bacteria and also catch on jewelry, causing injury or damaging the piercing.

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What to avoid:

Limit touching your piercing. Rotating jewelry throughout healing is **NOT** necessary and can slow the process. Never touch the piercing with dirty hands. Do not overclean. If you like your piercing do not take it out; some piercings may seem fully healed before they are. Even if it feels fine or has been in your body for years it could still grow over in minutes! Everyone's body is different. Leaving your piercing alone is half of the process. Piercings heal from the outside in and will still harbor sensitive tissue within your wound. Make sure to wear clean clothing and regularly wash bedding. Wear a breathable fabric if piercing is to be covered. Be weary of snagging your jewelry on things. Showers tend to be safer when caring for your piercing. Do not submerge piercing in water while healing!

Products to Avoid:

Cleaning alcohol, hydrogen peroxide, harsh soaps, ointments. Bactine and pierced ear care are not intended for long term wound care.

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