

SKIN AFTERCARE

Suggested Cleaners

- **Saline solution:** can be mixed using $\frac{1}{4}$ teaspoon of non-iodized sea salt and 1 cup (8oz) of warm water. For a larger batch that can be kept in the refrigerator and warmed for use, mix 1 teaspoon sea salt and a quart (32oz) water. A stronger mixture isn't better and can be too salty and irritate the skin.
- **Mild perfume-free liquid soap** such as face wash, soap designed for sensitive skin, or similar scent free soap. (any soap, when used for the recommended 30 seconds then rinsed with warm water, has been proven to kill germs effectively)

You can use one or either of these daily.

IT IS RECOMMENDED THAT SKIN PIERCINGS BE CLEANED TWICE DAILY, ONCE IN THE MORNING AND AGAIN IN THE EVENING.

If you feel the need to clean more, up to 5 times per day can be beneficial if done gently but overcleaning can cause irritation.

WE DO NOT ever RECOMMEND ALCOHOL OR HYDROGEN PEROXIDE AS CLEANERS ! (they are too strong for cleaning piercings and lengthen healing time and can seriously irritate your piercing) .

We never recommend ointments such as Neosporin or A&D ointment because they do not allow for proper air flow to the piercing. If you want to apply something to your troubled piercing, use Neosporin cream or similar antimicrobial lotion for a short term to relieve an issue and have your piercer inspect your piercing to make sure it's showing signs of improvement.

CLEANING INSTRUCTIONS

-Always start by washing your hands

Method 1: Soak for 5 to 10 minutes by inverting a small container such as a shot glass filled with solution, forming a vacuum over the area. Certain piercings may be easier soaked with a gauze, cotton ball or folded paper towel.

Method 2: Swab your piercing after saturating thoroughly with saline solution. Be gentle, never pick at or rotate jewelry. Try to maintain self control with itchiness and visible flakes and crustiness. All of which are normal and can be soaked with cleaner and wiped away if desired.

When using soap, suds with gentle motion and rinse thoroughly. After exiting shower or finishing sink washing routine, gently wipe with a swab to remove loose debris/scabs/crusties

-Always finish by gently drying the area with a single use product such as a dry paper towel.

Aftercare results for everyone can vary.

Typically if you've used a product in the past and you've healed without issue, you are welcome to continue using that product. Some alternatives to saline and soap are Bactine or witch hazel. Please note that if you are experiencing redness swelling, lengthy healing, or general irritation, it is recommended to use the suggested products and consult with your piercer.