

Outer Piercing Aftercare Instructions

Remember the rules...

- Don't touch the piercing with dirty hands. Always wash your hands with hot water and antibacterial soap beforehand. Keep handling of your piercing to a minimum... only touch it when you are cleaning it.
- Don't force the jewelry to move if there are dry crusties on the piercing, always soak them away first with sterile saline solution.
- Rinse out foreign chemicals: dirt, sweat, oil, shampoo, soap, conditioner, etc. Any chemical that is unnatural to the interior of your body can cause irritation, or potentially trigger the rejection reaction.
- Don't sleep on your piercing!

The steps:

- 1.) Wash your hands with hot water and antibacterial soap.
- 2.) Spray a saline solution directly on, or saturate non-fibrous gauze or paper towel and soak your piercing. Do not apply pressure to your piercing, simply soak it until all crusties have been dissolved.
- 3.) After a 30-60 second soak in saline, gently pat the piercing dry with a non-fibrous pad or paper towel. If you have screw on parts to your jewelry, check them by gripping the jewelry and rotating the part until you feel it stop.
- 4.) Repeat steps 1-3 three times daily for 6 weeks. This is the time during which your piercing is in a wound state. Continue cleaning once daily after showering until you reach the time indicated.

Cleaning Solution:

Mix 3 tablespoons of **natural non-iodized sea salt** into 1 gallon of **sterile distilled water**.

Replace cap and shake jug until the salt has dissolved. When not in use, keep in a clean dry place at room temperature with the cap on. Do not use saline anyone else has used!

Clean your piercing 3 times daily for six weeks, then clean once a day after showering for the duration of your healing time.