

# Aftercare for Your Body Piercing

Salon Name: Believers Ink, LLC

9433 US HWY 301 S

RIVERVIEW, FL 33578

(813) 374-2137

Hours: Monday ~ Saturday: 2 p.m. to 9 p.m. Sunday: CLOSED

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**SOLUTION:** Mix 1 teaspoon sea salt with 1 cup warm distilled water. **DO NOT** use tap or bottled water.

You may also use a sterile saline solution, this is just a premade solution.

You must clean your piercing two (2) times a day, unless directed otherwise.

Once in the morning

Once before bed

1. Make your solution. While the sea salt is dissolving, wash your hands thoroughly with soap and warm water.
2. Get 2 cotton tipped applicators for each piercing.
3. Dip 1 unused applicator into solution and clean the jewelry and skin around the piercing.
4. Throw the applicator into the trash, do not use the same applicator twice or use the other end. No dipping it back into the solution.
5. Repeat with 2nd applicator.
6. **IF YOU HAVE AN ORAL PIERCING:** Take some of the solution and swish in your mouth. If you are a smoker you must swish with either the sea salt solution or a non-alcoholic mouthwash after each cigarette. You must also do this after each time you eat.

- **NO PERFUMED OR ACNE TREATING SOAPS!**
- **Never use alcohol, hydrogen peroxide, or first aid sprays to clean your piercing, since these products may cause the piercing to dry out and cause irritation.**
- Always allow your piercing to air dry after cleaning.

If you're not cleaning your piercing, **do not touch it.** Touching and moving your jewelry can push bacteria inside the piercing and cause an infection.

There is to be no exchange of any bodily fluids for at least 6 to 8 weeks!

You may have swelling for 2 to 10 days, possibly longer. You may take an oral analgesic that is recommended by your doctor or pharmacist to reduce swelling (and for pain) if it becomes bothersome.

If you have an oral piercing drink cold clear fluids, try to avoid hot or spicy foods, or noodles; do not use mouthwash that contains alcohol (gently swishing with warm sea salt water is best).

If you have any trouble with your new piercing, or if you have any further questions, please feel free to call or stop by anytime. You can also find these instructions on our website at

[www.believersink.com](http://www.believersink.com)

YOUR PIERCER TODAY IS : \_\_\_\_\_