

# BELIEVERS INK PIERCING AFTERCARE

WASH YOUR HANDS WITH SOAP AND WARM WATER EVERY TIME YOU NEED TO TOUCH YOUR PIERCING!  
DO NOT NOT TOUCH YOUR PIERCING UNLESS ABSOLUTELY NECESSARY OR YOU ARE CLEANING THE AREA.

## WHAT YOU WILL NEED

- ◆ SALINE SPRAY AND / OR ALCOHOL FREE MOUTHWASH ( ORAL PIERCINGS ONLY)
- ◆ 4-6 CLEAN, UNUSED COTTON TIPPED APPLICATORS
- ◆ ANTI-BACTERIAL HAND SOAP

## INSTRUCTIONS

1. WASH YOUR HANDS THOROUGHLY WITH WARM WATER AND ANTI-BACTERIAL SOAP
2. SPRAY ONE END OF A COTTON TIPPED APPLICATOR OR SPRAY THE PIERCING DIRECTLY
3. GENTLY CLEAN AROUND THE JEWELRY WITH THE COTTON TIPPED APPLICATOR
4. REPEAT STEPS 2 & 3, 2 TO 3 MORE TIMES, MAKING SURE TO CLEAN THE ENTRANCE AND EXIT AREA OF THE JEWELRY
5. \*ORAL PIERCINGS ONLY\* – TAKE SOME MOUTHWASH AND SWISH IN YOUR MOUTH. IF YOU ARE A SMOKER, YOU MUST SWISH WITH MOUTHWASH EACH TIME YOU SMOKE A CIGARETTE. YOU WILL ALSO NEED TO SWISH EACH TIME YOU EAT AS WELL.

## TIPS FOR HEALING

- ◆ DO NOT USE ANY PERFUMED OR ACNE TREATING SOAPS, COSMETICS OF ANY KIND, OR LOTIONS NEAR THE PIERCING
- ◆ NEVER USE ALCOHOL, HYDROGEN PEROXIDE, OR FIRST AID SPRAYS TO CLEAN YOUR PIERCING
- ◆ ALWAYS ALLOW YOUR PIERCING TO AIR DRY AFTER CLEANING
- ◆ IF YOU ARE NOT CLEANING YOUR PIERCING, DO NOT TOUCH IT! TOUCHING OR MOVING YOUR JEWELRY CAN PUSH BACTERIA INSIDE THE PIERCING AND CAUSE AN INFECTION.
- ◆ DO NOT TWIST THE JEWELRY
- ◆ NO EXCHANGE OF ANY BODILY FLUIDS FOR AT LEAST 8 WEEKS
- ◆ WEAR LOOSE CLOTHING
- ◆ MAKE SURE YOUR ALL YOUR BEDDING, SHEETS AND PILLOWS ARE CLEAN AT ALL TIMES DURING ENTIRE HEALING PROCESS.
- ◆ IF YOU HAVE ANY ANIMALS, DO NOT LET THEM COME INTO CONTACT WITH YOUR NEW PIERCING
- ◆ DO NOT SUBMERGE YOUR PIERCING IN ANY BODY OF WATER FOR AT LEAST 6 MONTHS. THIS INCLUDES ANY LAKES, OCEANS, POOLS, OR HOT TUBS.

IT IS NORMAL TO HAVE ONGOING SWELLING FOR UP TO 8 WEEKS AFTER YOUR PIERCING. YOU MAY USE AN ORAL ANALGESIC THAT IS RECOMMENDED BY YOUR DOCTOR OR PHARMACIST IF NEEDED. ICE CHIPS FOR ORAL PIERCINGS IS HELPFUL, AND ICE PACKS FOR OTHER PIERCINGS ARE OK TO USE AS WELL.

IF YOU HAVE AN ORAL PIERCING, PLEASE TRY TO STICK TO CLEAR LIQUIDS, NO SPICY FOODS OR NOODLES. PLEASE STAY AWAY FROM DAIRY AS WELL.

YOUR JEWELRY CAN BE CHANGED / DOWNSIZED IN 8 WEEKS. NO SOONER. IF YOU WOULD LIKE TO HAVE US CHANGE YOUR JEWELRY, A JEWELRY CHANGE APPOINTMENT CAN BE MADE ONLINE.

IF YOU HAVE ANY TROUBLE WITH YOUR NEW PIERCING, OR IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE FEEL FREE TO CALL OR STOP BY ANYTIME DURING NORMAL BUSINESS HOURS.