

## Important

Leave healing piercings alone! The only time you should handle an unhealed piercing is when you are cleaning it!

## Never Use

Alcohol / witch hazel (Purell or other hand sanitizers are also alcohol based and should be avoided), hydrogen peroxide, iodine (Betadine), Bactine, or Hibiclense as these products may damage healing tissue.

Also, stay away from petroleum jelly based antibiotic ointments (Neosporin, Bacatracin, or Triple antibiotic ointments.) These products clog the piercing and delay healing.

## Avoid

- Handling healing piercings with unwashed hands.
- Any oral contact with healing piercings.
- Keep makeup and facial cleansers away from healing piercings.
- Shield piercings from hairspray. Hair that has gel or hairspray on it may cause trouble for sensitive individuals.

## Do

- Eat a balanced diet and get plenty of exercise and rest. Healthy bodies heal faster.
- Call or stop in if you have any questions or problems.

## Nostril Screws

Nostril screws are bent long to start a new piercing with, to allow for swelling and to give a little extra room for cleaning! Nostril Screws are adjustable. In six to eight weeks, when the piercing is healed, they can be bent shorter for a snugger fit, if needed.

## Piercings Above The Neck

Your piercing should be cleaned **two or three times daily** with **Ear Care antiseptic**. Wash your hands first! Then apply Ear Care to a cotton swab and use it to remove all dried matter from your jewelry. Move the ball of your ring so that it touches one side of the piercing, and clean the whole ring. Then rotate the ring so that it touches the other side, and clean the surface of your jewelry.

If you have a bar, clean the crusties from the front and the back with the Ear Care on a cotton swab. Then push forward, clean all the bar sticking out the front, push back, clean all the bar sticking out the back.

If you have a stud (nostril screw) in a nose piercing, use the Ear Care antiseptic on a cotton swab. Clean the inside first. Then stick your finger up your nose and push out gently on the jewelry. Use the other end of the swab to clean the outside, removing the crusties from around the post.

Once you have touched the cotton swab to your piercing, avoid touching it back to the bottle; it may contaminate the bottle.

## Hard Cartilage

(Tragus, Conch, Rook, "Ear-Bars")

Cartilage does not receive as much blood flow as regular skin, and may be tricky to heal. Twice a day, do a 10 to 15 minute long warm saltwater soak. Use 1/4 to 1/2 teaspoon of non-iodized sea salt (too little salt is ineffective, too much can "burn" or dry out the piercing) to 1 cup (8 fluid ounces or 250 ml) of warm water.

Allow the salt to dissolve completely. Apply to the piercing for 10 to 15 minutes either in a cup that fits around the piercing, or on a clean, unused washcloth or paper towels. Gently remove softened "crusties". Rinse with clean water to remove salt residue, and dry with paper towels or a clean, unused towel.

DO NOT use Epsom salts, contact lens solution, or any kind of spray saline!!!