

Piercing Location: _____

Piercer: Nick Strange

Change Out Time: _____

Jewelry: _____

What You'll Need:

- Non-iodized Sea Salt (powdered)
 - Distilled Water
 - Small portion cup, sterile gauze, or cotton swabs
- OR
- Sterile Wound Wash (such as NeilMed)
- Alcohol-free Mouthwash (for oral piercings)

Caring for your new piercing:

Always wash your hands before cleaning or touching your new piercing. The first thing to do is remove any dried crust (white blood cells, lymph, and plasma) or buildup from the outside of your jewelry. **DO NOT PICK AT THEM OR MOVE THE JEWELRY WHILE THEY ARE PRESENT!** Remove crust and buildup by running warm water over the piercing, or by using clean, wet cotton swabs to gently remove them. (During a shower is the easiest time to do this) Once all residue is removed, continue with your shower. At this point, you can GENTLY move the jewelry to rinse any lingering product (body wash, shampoo, conditioner, etc.) out of the piercing. let the piercing air-dry, or use a clean paper towel to pat dry the piercing.

Use a saline solution to soak your piercing 2-3 times a day. You can do this 2 ways; 1.) Use a powder, non-iodized sea salt mixed with distilled water at a 1/2tsp sea salt to 16oz distilled water ratio to soak the piercing. Poor a small amount of the solution into a portion cup, or onto sterile gauze, or a cotton swab. Soak the piercing for 3-5 minutes. It is very important that the mixture is exact, as too strong can cause irritation and too weak won't promote healing. Once done soaking, make sure to rinse the piercing with warm water to rinse excess salt off. This method is cost-effective, but time consuming. The second option 2.) is to use a sterile wound wash, such as NeilMed wound wash, which can be purchased from your piercer. This comes in a sterile spray bottle which you simply spray the piercing with 2-3 times a day. No need to rinse the piercing afterward. This is a quick and simple way to heal your piercings! As well as it being the aftercare solution that your piercers use!

With most oral piercings, follow the above instructions for daily cleaning. In addition, you'll be using an alcohol-free mouthwash after eating, drinking, or smoking for atleast 2 weeks. Avoid playing with oral piercings, as that can cause tooth and gum damage.

What to Expect:

Initially, your piercing may bleed, swell, bruise, or be sensitive to the touch. This will subside in a few days to a few weeks. Taking an anti-inflammitory can help speed this process up and help with initial swelling. During the healing, your piercing may form "crusties" or be itchy. This is part of the healing process, it's nothing to be concerned with.

What to Avoid:

Avoid any strong chemicals (peroxide, rubbing alcohol, bactine), ointments (neosporin, triple antibacterial cream), or strong or perfumed soaps (Dove, even Dial can be too strong for some). Don't swim in pools or lakes for a minimum of 4 weeks. Do not submerge your piercing for more than 10 minutes the first 2 weeks. Keep all beauty products away from the healing piercing.

Please contact us with any questions at Oklahoma Tattoo Gallery 405-792-7562. For serious health concerns, contact your physician.