

Piercing Aftercare

Cleaning instructions for body piercings

#1 RULE FOR HEALING PIERCINGS:

DO NOT SPIN, TWIST, PLAY, MOVE BACK AND FORTH OR REMOVE YOUR JEWELRY DURING THE HEALING PROCESS.

- WASH your hands thoroughly prior to cleaning or touching your piercing for any reason.
- STERILE SALINE is the best solution for cleaning your fresh piercing.
- Spray saline directly on your fresh piercing or use a Q-Tip soaked in saline and gently dab around the piercing front back and back for about a minute.
- Gently wipe away any "crustys" that develop.
- RINSE the area with warm water after using saline.
- This is important to remove any extra saline and prevent the skin from drying out.
- DO NOT USE ANY OF THE FOLLOWING PRODUCTS TO CLEAN YOUR FRESH PIERCING:
 - Rubbing Alcohol
 - Iodine
 - Hydrogen Peroxide
 - Antibacterial Soap
 - Nasal Spray
 - Contact Solution
 - Tea Tree Oil
 - Sea Salt
- The only thing you should be cleaning your piercing with is Sterile saline solution
- DRY your piercing with a disposable paper towel. Do not use a cloth towel to dry your piercing. Cloth towels harbor bacteria and can snag on jewelry causing injury.
- AVOID over cleaning. This can delay your healing and irritate your piercing.
- SHOWERS are recommended for healing piercings. DO NOT submerge under any body of water including Lakes, Ponds, Pools, Rivers, Bathtubs, Ocean, Hot Tub etc. for 8 weeks.
- AVOID beauty products and personal care products on or around the piercing including cosmetics, lotions, and sprays, etc.
- Once you no longer see any "Crustys" developing on your piercing, you no longer need to use the saline. This time frame is different for everyone.
- Make sure your bedding is washed and changed regularly.
- Consult a doctor at the first sign of infection.

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