

Care Instructions For Navels and Other Below The Neck Piercings

from TATTOOS FOREVER

CLEANING SOLUTIONS NEEDED:

H2Ocean Spray and liquid antibacterial soap.

DO NOT use peroxide, rubbing alcohol, or any type of antibiotic ointment EVER!

**Remember...redness and a little discharge is NORMAL during the healing period! It does not mean that you have an infection.*

1. Always wash your hands with some antibacterial soap and water before ever touching your new piercing, as dirty hands are the # 1 cause for germs and hence infections.
2. Wet the piercing thoroughly, then apply a small amount of the liquid antibacterial soap to the area, make sure to completely lather the jewelry and both openings of the piercing. Once it is good and soapy, you need to slide the jewelry back and forth several times to make sure that the cleanser gets into the inside.
3. After letting the lather sit 2 to 5 minutes, make sure you RINSE completely, and leave NO soapy residue on the piercing or jewelry. This may involve rotating the jewelry a couple more times just to make sure!
4. We recommend that for the first two months, you only use a paper product to dry the piercing, as towels tend to harbor bacteria.
5. Keep your clothing OFF of the jewelry the first two months if possible, or wear loose fitting clothing. The most common cause of repeat problems and scarring come from tight clothes, belts, uniforms. and hosiery.
6. Tugging or pulling on the piercing is a serious NO-NO, as well as other people touching it in any way.

AFTER 1 WEEK, WE STRONGLY SUGGEST THAT YOU DO MILD SALT WATER SOAKS WITH EITHER EPSOM SALT OR SEA SALT. 1/2 TEASPOON OF SALT TO 1 CUP OF

WATER IS FINE. SOAK PIERCING 5 MIN. IN A SMALL CUP, SHOT GLASS, OR SHALLOW DISH THIS WILL REDUCE SORENESS, AND IRRITATION. AS WELL AS SPEED YOUR HEAL TIME SIGNIFICANTLY.

DO NOT USE ANY OTHER INSTRUCTIONS, AS WE CANNOT GUARANTEE THEIR EFFECTIVENESS. REMEMBER, PIERCINGS TAKE A WHILE TO HEAL, AND HEAL TIMES VARY FROM PERSON TO PERSON!

DO NOT HESITATE TO CALL WITH ANY QUESTIONS CONCERNING YOUR PIERCINGS!