

# Taking Care of Your New Piercing

- **All needles and equipment used during your piercing were new and sterilized; therefore it is up to you now to ensure the piercing heals properly.**
- Never touch the pierced area or jewelry unless you have ***thoroughly*** washed your hands.
- External piercings should never be cleaned more than twice daily. Over cleaning will not allow for proper healing. A mild, fragrance free soap should be used to clean the pierced area. For hard to reach or smaller piercings a q-tip can be helpful. Rotating the jewelry while cleaning should not be done in excess, once every two days is sufficient. (Cleaning piercing while showering is recommended.)
- Sea Salt can be used *every other day* during the process of healing. 1 teaspoon of sea salt per 1 cup of warm water is recommended.
- **NEVER** remove the jewelry during the cleaning process. Most piercings ask that you do not remove the jewelry for several months.
- Internal mouth piercings require additional care. Rinse mouth out with water, and or sea salt after every meal. Smoking, oral sex, kissing and certain foods are not recommended, (i.e....spicy foods, dairy products, and high yeast foods)
- If swelling occurs use either a hot or cold compress to suppress the inflammation. Ibuprofen or other anti-inflammatory medicines can be taken per recommended dosage.
- If **severe** redness, swelling or infection occurs, please contact us immediately for assistance.

***Any Questions call Zack at Craig's Tattoo Co (208)455-7425***