

Congratulations on your new piercing! To ensure a smooth healing process, please follow these key tips:

Clean Daily: Use piercing spray or wipes 3-6 times a day. Use a Q-tip with anti-bacterial soap with warm water to remove any "crusties" once a day. Avoid harsh products like alcohol or hydrogen peroxide.

No Touching: Do Not **TOUCH** your piercing unless you are cleaning it and your hands are clean.

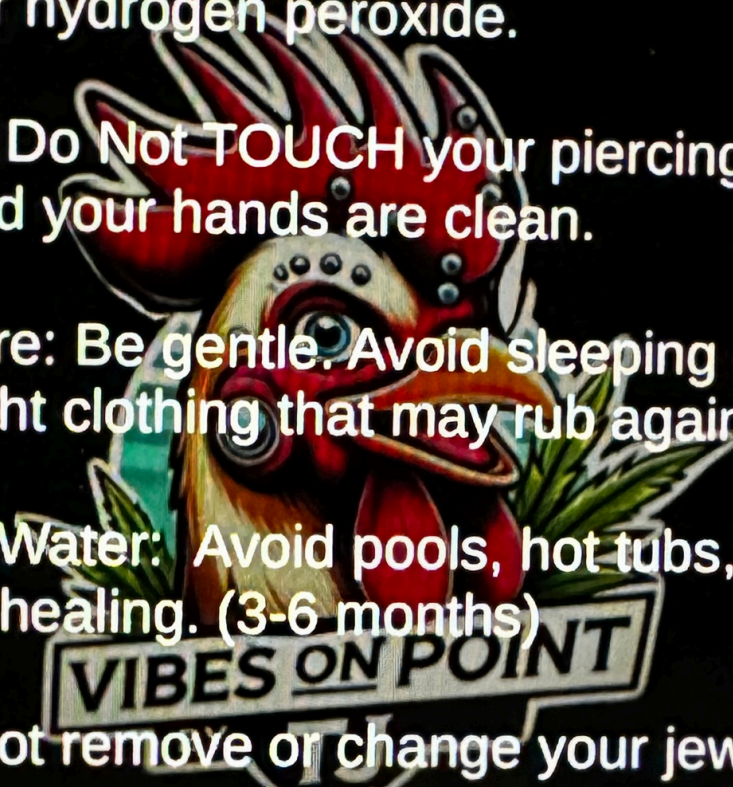
Avoid Pressure: Be gentle. Avoid sleeping on the piercing or wearing tight clothing that may rub against it.

No Bodies of Water: Avoid pools, hot tubs, bath tubs and oceans while healing. (3-6 months)

Jewelry: Do not remove or change your jewelry for 2 months. We recommend letting a qualified studio change it for you.

Healing Time: Healing can take anywhere from 2 months to a year, depending on the type of piercing. Each person heals differently.

It's normal to experience some swelling, tenderness, and slight redness around your new piercing. However, if you notice excessive swelling, increased pain, persistent redness, or discharge, reach out to us immediately. While infections are rare, they are possible, and it's essential to address any concerns early. Remember, infections are



caused by bacteria, not the piercing process itself.