

BODY PIERCING AFTERCARE



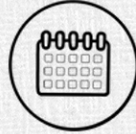
STERILE SALINE IS THE ONLY THING WE RECOMMEND TO PUT ON YOUR PIERCING - 2 X A DAY



SHOWERING IS FINE, ALLOW THE WATER TO RUN OVER YOUR PIERCING - THIS HELPS SOFTEN DEBRIS



KEEP BEDDING CLEAN



ENSURE YOU BOOK IN FOR A CHECKUP AFTER 6 WEEKS TO ASSESS YOUR ELIGIBILITY FOR A DOWNSIZE - THIS IS VERY IMPORTANT

DO NOT USE ANY HOMEMADE SALT MIXES, CREAMS, OINTMENTS, OILS, ALCOHOLS, SOAPS OR ANTISEPTICS



LEAVE YOUR PIERCING COMPLETELY ALONE - NO TOUCHING, TURNING, OR PLAYING WITH THE JEWELLERY



AVOID SWIMMING FOR THE FIRST 2 MONTHS WHERE POSSIBLE



DO NOT SLEEP ON YOUR HEALING PIERCING AS THIS CAN LEAD TO CROOKED HEALING



AVOID ALLOWING WET HAIR TO COVER YOUR HEALING PIERCING WHEN SLEEPING

