



# AFTERCARE INSTRUCTIONS

1. Wash your hands before and after touching your new piercing.
2. Clean new piercing twice a day. Once in the morning and once again before bed.
3. Combine 1/4 teaspoon of sea salt with 1 cup of warm distilled water to make a piercing solution.
  - Be careful not to use too much salt, as this may irritate your piercing.
4. Dip a Q-Tip into the piercing solution and gently swab your new piercing.
  - Make sure the Q-Tip is saturated.
5. You may also use sterile saline solution sprays.
6. Repeat this process for the designated time period recommended for your particular piercing.
7. Listen to your piercer's instructions, not your friends.

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Body Artist

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Date

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Cleaning/Healing Duration