

ACTION TATTOO

225 Auburn Way North

Auburn, WA 98002

253.218.0358



BODY PIERCING AFTERCARE

Shopping List:

a few gallons of distilled water

1 can of non-iodized Sea Salt

paper towels

2 TIMES EVERYDAY:

- (1) Mix 4 teaspoons of Non-iodized Sea Salt to 1 gallon of Distilled water. This creates the sea salt solution you need in order to do a soak on your piercing.
- (2) Fill a clean coffee cup full of sea salt solution and microwave for 30 seconds to warm it.
- (3) Fold up a paper towel into a 2 inch square, saturate the paper towel in your warm sea salt water and compress it to your piercing. Do this for 10-15 minutes. Every 1 minute take your paper towel off your piercing, re-dunk it in your warm sea salt water and re-compress it to your new piercing.
- (4) The heat and pressure from the compress will draw any fluid out of your piercing as the sea salt promotes healing. This also takes away soreness and redness. The sea salt soak will not hurt. It will be very soothing to the piercing.
- (5) When you're done with the soak rinse your piercing with clean water.

THE COMMANDMENTS

- (1) Do not pick the crust. This actually protects your piercing, like a shield, and keeps bad stuff from getting in. If you must remove it, use warm water and a q-tip.
- (2) Always wash your hands before cleaning your piercing. Don't touch your piercing unless you're cleaning it, with clean hands. Touching your piercing is the #1 cause of infection.
- (3) Do not use products like Rubbing Alcohol and Hydrogen Peroxide as they are too strong for the sensitive healing tissue in your new piercing. These products dry out piercings, which can result in infection.
- (4) Stay out of lakes, oceans, rivers, hot tubs, swimming pools, and the like. If you decide to go swimming, expect to get an infection.
- (5) Do not take piercing advice, in any shape or form, from your friends. Consult your professional piercer with any questions.

On average, most piercings can take up to 3 months to fully heal. So don't expect any over night healing miracles. Things **TO** expect from your new piercing are swelling, minor bleeding or seeping,

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bruising to the area, and dryness.

DON'T BE AFRAID TO CALL. WE ARE HERE TO HELP.

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