

## Cleansing instructions and aftercare for body piercing

Avoid dirty hands touching and playing with your piercing at any time during the healing process.

Wash twice daily with a recommended unscented soap. First, wash your hands, lather the treated area, move the piercing lightly, rinse well and let dry.

Avoid alcohol, peroxide, ointments etc. Use piercings after care wash and solution only. You may use sterile saline solution as well.

Avoid soaking your new piercing in dirty water (bath, lake, pool etc.). Shower only.

Do not remove your piercing until it has completely healed.

If you suspect an infection make sure to let your piercer know and seek medical attention.

Cartilage piercings take longest time to heal, as well as navel piercings (up to 6-8 months).