**Doc’s Aftercare Instructions**

**Basic Aftercare: NOTE**: PLEASE do not touch piercing without thoroughly washing hands with baby soap or baby wash; NO SCENT, NO DYE.

Clean piercing 1-2 times a day (never in the shower) use a drop baby soap or baby wash in a Dixie cup mixed with warm water. Never put soap directly on a new piercing as this will burn the tissue and slow the healing process. Rinse the soap from the piercing with saline solution. You will need to get a sterile saline solution. (Remember rotating jewelry at any time can cause scar tissue and migration.) If you notice body fluids dried on jewelry or skin, DO NOT PICK WITH FINGERNAILS! Wash gently with saline solution.

**Naval Cleaning Instructions:** To clean your naval piercing use a drop of baby soap or baby wash; NO SCENT, NO DYE, mixed with warm water in a Dixie Cup. Use clean Q-tips with the soap and water mix to gently clean your piercing. When all debris and scabs are gone, rinse with saline solution (under pressure) put saline in a clean Dixie cup with Q-tips and gently rinse away all soap. You can also stand and spray away the soap. It is also recommended that you use a salt water soak for 5-10 minutes, 2 times a day. Go out and get non-ionized salt (kosher salt) and the mix is ¼ teaspoon of non-ionized salt to 1 cup (8 ounces) of clean warm water. If your skin is getting dry try to make a 1/8 teaspoon mix. Place newly made soak into Dixie cup and hole over the piercing.

**Oral Cleaning Instructions:** After smoking, eating, or drinking anything other than ice water, rinse with our Swish It Mouth Rinse that we provided. Keep all foreign objects out of your mouth. They carry bacteria. Refrain from oral sex for 4-6 weeks. It is common to experience swelling, or cramping in your jaw/tongue. To minimize these conditions gently places ice chips on top of tongue, NEVER under the tongue and NEVER suck on the ice. Sucking on ice or straws can cause unwanted swelling. When brushing your teeth try to keep tooth brush away from tongue and piercing. Never leave out jewelry, these piercings will close overnight.

**Trans-Oral Piercings:** After smoking, eating, or drinking anything other than ice water, rinse with our Swish It Mouth Rinse that we provided. Keep all foreign objects out of your mouth. They carry bacteria. For the outside of the mouth use a drop of baby soap mixed with warm water in a Dixie cup. Use a clean Q-tip with the soap water to gently clean your piercing. When all debris and scabs are gone, rinse with saline solution (under pressure) put saline in a clean Dixie cup with Q-tips and gently rinse away all soap. Refrain from oral sex for 4-6 weeks.

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**Things to Avoid**

Rubbing Alcohol: Very harsh and drying. Will slow healing and destroy newly forming tissue.

Hydrogen Peroxide: Very harsh and will cause scar tissue to form with repeated use.

Antibiotic Ointments: Will clog your piercing and block necessary flow of oxygen.

Swimming: Hot tubs, soaking baths also carry bacteria and cause infection.

Over Cleaning: Damages the delicate tissue and cause

Shield piercings from hair spray and avoid getting lotion, make-up, and other foreign substances in piercings. The best way to avoid these substances from getting into your piercings is to make cleaning your piercing the last thing you do. Make sure pillow cases are clean and changed frequently. Clean your telephone receiver inside and out with Lysol or other disinfectant. Do not use public telephones.

**Estimated Healing Times**

**Earlobe:** 4-6 months.

**Septum:** 4-8 months.

**Nostril:** 4-8 months.

**Cartilage piercings: Tragus, Anti-Tragus, Conch, Ear Head, Helix, Rook, Snug, Orbitals, Industrials:** 3-9 months

**Naval:** 6-9 months.

**Tongue:** 4-8 weeks.

**Trans Oral, Upper/Lower & Lingual Web, Monroe, Cheek, Labret, & Lip:** 4-8 months.

**Questions or Problems Contact Doc @**

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