

CARING FOR YOUR NEW PIERCING

REMEMBER: *If you wouldn't put it in your eye, don't put it in your piercing!*

DON'T ✘

Touch it, turn it, play with it, put any creams, ointments, soaks, sprays, antiseptics on it, rotate it, pick at it or take it out!

DO ✔

Look after yourself, lead a healthy lifestyle, wash it with Dr. Bronners if it gets dirty or crusty, come in and see us if there are any problems, use an ice pack for initial swelling (ice cubes in a snap lock bag), use a hot compress for circulation after a week (hot cloth in a snap lock bag), come in and see us for a 30 day check up, downsize your jewellery if needed after a month and enjoy your new piercing!

ORAL PIERCINGS

Suck on ice blocks, rest ice cubes on your tongue, don't use mouthwash and cut back on the amount of toothpaste you use, downsize the jewellery after 30 days and stick to foods that aren't an irritant and are easy to eat!



PROUD MEMBER
VERIFY AT SAFEPIERCING.ORG



DO NOT TOUCH