**Piercing Care**

**FIRST RULE:**

DO NOT LISTEN TO YOUR FRIENDS ADVICE ON HOW TO CARE FOR YOUR PIERCING.

***ALWAYS*** *make sure you wash your hands with antibacterial soap before touching your piercing.*

*Your new piercing should be cleaned every day unless activities require more (exercising, sweating, etc...).*

*You may notice a dry, crusty build up on your piercing. To remove build up, rinse thoroughly with warm water.* ***DO NOT PICK*** *it off as this can tear new tissue and delay healing.*

*After rinsing off build up, lather antibacterial soap around piercing. Slide jewelry back and forth a few times when washing to distribute the soap through the piercing and then again when rinsing to remove all soap residue. After cleansing, a warm saltwater soak (¼ teaspoon to 1C. water) can be used to help clean and soothe, especially if your new piercing is sensitive or sore.*

*For mouth piercings, rinse with mouthwash after anything but water has entered your mouth. (eating, drinking, smoking, etc...)*

***DO NOT*** *turn jewelry unless cleaning. Too much turning can irritate and/or cause unnecessary swelling or infection.*

***DO NOT USE****: alcohol, saline solution, or hydrogen peroxide, which can over dry and/or scar, nor should you use petroleum jelly based ointments or creams (Neosporin, Vaseline, etc.) which can clog piercing and block air passage which is essential to healing.*

*Avoid tight clothing (belts, stockings, tight jeans, etc.) as they can rub and pull, irritating the piercing. Most piercings can be changed in 6-8 weeks.*