

- For the first 30 days, absolutely NO: rivers, lakes, jacuzzis, swimming pools, hot tubs, tanning beds, bath tubs, or water parks.
- NEVER use: alcohol, peroxide, Ear Magic, Painless Steel Solution, Neosporin, triple antibiotic, Vaseline, Bag Balm, A&D Ointment, Preparation H (someone did it...really), or any other petroleum based salve.
- **Never touch your piercing with dirty hands.**  
Wash immediately (every time) before touching or cleaning your piercing.
- The best place to clean your piercing is in the shower. Allow clean warm water to run over and saturate the piercing before you begin to wash it. This will help soften & wash away some of the dry, crusted discharge from around the piercing and on the jewelry.  
  
After softening it this way, remove the rest with a Q-tip before washing it.
- Using mild liquid anti-bacterial or anti-microbial soap only, wash piercing by applying soap to the piercing & jewelry and then rotating the jewelry to get the soap into the piercing itself. Do this once or twice a week (more is not better here).
- Thoroughly rinse by applying water and rotating the jewelry to ensure that no traces of soap remain in the piercing.
- Pat, do NOT rub, your piercing dry with a clean dry paper towel. Do NOT use a washcloth or bath towel as these are breeding grounds for bacteria (even when you think they are clean).
- Thoroughly clean piercing twice every day for the duration of the estimated healing time for your particular piercing. Remember, this is an initial healing period only. Your piercing will not be completely healed until many weeks after the initial healing period.
- Use saline solution and non iodized sea salt to clean and hot soak the piercing. Do this twice per day with the saline and twice per week with the sea salt.
- **Do NOT allow your piercing to come into contact with any bodily fluids while it is healing. This includes saliva as well as semen. So, you are not restricted from sexual activity, but a condom or dental guard must be used for any and all sexual contact or you are putting yourself at risk for an infection.**
- Be sure that everything that touches your piercing is clean. This includes: clothing, bedding, hands, and anything else which can contact the new piercing. If you experience excessive itching or severe discomfort, you may be having a reaction to your laundry detergent. Switch to something without all of the stain removing, scenting, and bleaching agents,

**Stay True Tattoo has provided me with instructions on how to care for my piercing while it is healing. I have read and understand them to the best of my knowledge.**

Signature of participant \_\_\_\_\_ Date \_\_\_\_\_

**Your piercer today was:** \_\_\_\_\_

**Phone number:** \_\_\_\_\_



**1111 Avenue J**

**Lubbock, Texas**