***ATOMIC FROG Piercing AFTERCARE***

1. **WASH your hands before cleaning your new piercing.**
2. **Wash thoroughly with an antibacterial soap (preferably dial) & warm water.**
3. **Soak cotton balls in warm soapy water or a solution of ¼ teaspoon of natural sea salt to 1 cup of hot water or sterile saline. Hold against the pierced area and let sit for 4-5 minutes.**
4. **Using a Q-tip remove any dried blood or plasma.**
5. **Rinse the area and let it dry.**
6. **Repeat 3 - 4 times daily for 4-6 weeks**

**Remember your piercing is an open wound. Failure to follow these instructions may increase healing time and may increase the risk of infection.**