

PIERCING AFTER-CARE

- Keep the piercings clean with saline solution.
- Do not touch the piercings, avoid dirt or trauma to the piercings.
- Aftercare should be followed for 15 days.
Make a solution of sea salt (white) dissolved with water & spray on the piercing thrice a day .
this helps heal faster & also has antiseptic characteristics.
- Do not change the jewellery for 6 months or as suggested.
- Keep ur body hydrated.

THINGS TO REMEMBER

- Avoid trauma to your piercing.
- Do not let anyone touch your fresh piercing as bacteria might infect it.
- Do not soak your piercing; stay out of pools, hot tubs, oceans etc.
- Avoid eating anything heaty food (red meats, pulses eggs, potatoes etc.) & alcohol as it may cause heat exposure through the piercings.
- Avoid trauma to your piercing.
- It is advised to clean your piercing daily till it heals.

NO

**TRAUMA
SWIMMING
TOUCHING**