



PIERCING AFTERCARE

Congratulations, you have just received a new piercing from Mountain Coast Ink!

In order for your new tattoo to heal in the best possible manner, we recommend you follow **ONLY** these instructions.

1. **Use sterile saline spray twice a day and after heavy activities.** This is the **ONLY** solution that should be used on piercings other than warm water. Spray the piercing with the saline spray a few seconds and then let air dry. Do this until the piercing has healed.
2. **Allow water to run on your piercings** while you shower. This will clean your piercing and soften up any debris, allowing it to fall off naturally.
3. Visit your piercer for a **shorter post after 4-6 weeks.**
4. **DO NOT** use alcohol, peroxide, tea-tree oil, ointments of any kind, or soap to clean your piercing.
5. **DO NOT** make your own salt water mixtures. **Only use sterile saline spray.**
6. **DO NOT** touch, twist, rotate, play with or remove your piercing while it is healing. Movement of the jewelry can cause irritation and our hands can introduce bacteria to the area.
7. Removing jewelry from a healing piercing will cause the piercing channel to quickly shrink or close.
8. **DO NOT sleep on a healing piercing.** Any prolonged pressure can cause irritation and can cause the angle of your piercing to shift.
9. **Use clean bed linens and bath towels** throughout the piecing healing process. Change your pillow case frequently.
10. **Your body heals a piercing,** not your fingers or products. Good nutrition, plenty of rest, and a clean lifestyle aid the healing process.

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11. Dermal Anchors: Gently clean like a piercing. Bandage during sleep for the first few days. Do not rotate jewelry. Try to avoid impact or snagging it on other jewelry or clothing.

12. Genitals: Clean like a normal piercing. Avoid sex of any kind for the first two weeks. Don't touch yourself.

13. Consult your physician if you are having an adverse reaction to the piecing during the healing process (i.e. allergic reaction, swelling, infection, illness or disease). However, it is good to know the difference between a common irritation and an infect. If you are unsure, please consult your piercer.

Signs and symptoms of infection: Increased pain, redness around piercing to excess, increased swelling after the first 5 days. Warm sensation around piercing, green or gray discharge from the piercing site, and red streaks forming toward the heart. If this occurs, do not remove your jewelry as that could make it worse. Your jewelry helps drain away the infection from the piercing. Contact your physician.

CONTACT US WITH ANY QUESTIONS!

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