**NON ORAL PIERCINGS**

**Cleaning Solutions**  
H2Ocean or any other packaged sterile saline solution with no additives (read the label) or non-iodized sea salt mixture: Dissolve 1/8 to 1/4 teaspoon of non-iodized (iodine free) sea salt into one cup (8oz) of warm distilled or bottled water. A stronger solution is NOT better! Saline solution that is too strong can irritate your piercing. If you have high blood pressure or a heart condition, please contact your doctor before using a saline product inside your mouth as your primary cleaning solution.

**Cleaning Instructions for Body Piercings**  
WASH your hands thoroughly prior to cleaning or touching on or near your piercing for any reason. SALINE soak no more than 3 times per day. Simply soak the piercing in a cup of warm saline solution for up to 20 minutes. The longer you soak the better. For certain placements it may be easier to apply using a fresh gauze pad saturated with the saline solution. A brief rinse will remove any residue. SOAP while showering use an antimicrobial, or antibacterial soap around the outside of the piercing only .DRY with a fresh gauze pad or q-tip. Cloth towels can harbor bacteria, and catch on fresh piercings causing injuries. Pat the area gently.

**What is Normal**  
Initially some bleeding, localized swelling, tenderness, and bruising. During healing some discoloration, itching, and secretion of a whitish yellow fluid (not pus) that will form a crusting adhering the jewelry to the skin. The tissue might tighten around the jewelry as it heals. Once healed the jewelry may move freely in the piercing. DO NOT FORCE IT!!! If you fail to include cleaning your piercing in your daily routine, normal but smelly bodily secretions may accumulate. A piercing may seem healed before healing is complete. This is because piercings heal from the outside in, and although it feels healed the tissue remains fragile on the inside. Be patient and keep cleaning throughout the entire healing period. Even healed piercings can shrink or close in minutes. This varies from person to person, but if you like your piercing leave the jewelry in place.

**What To Do**  
Wash your hands prior to touching your piercing. LEAVE IT ALONE EXCEPT WHEN CLEANING IT!!! The less you touch it the faster it will heal! It is not necessary to rotate your jewelry while healing. Remember to lead a healthy life style. Get plenty of sleep with a nutritious diet. The healthier you are the easier your piercing will heal! Make sure your bedding is kept clean and changed regularly. Wear breathable, comfortable clothes that will protect your piercing especially while sleeping. Showering is safer that baths because the bathtub can harbor bacteria.

**What To Avoid**Avoid undue trauma such as friction from clothing, excessive motion of the area, playing with the jewelry, and vigorous cleaning .These activities during healing can cause the formation of unsightly and uncomfortable scar tissue, migration, and other complications. Avoid the use of alcohol, hydrogen peroxide, or any ointments. Avoid over cleaning. Avoid all oral contact, rough play, or others bodily fluids near the piercing during healing time. Avoid submerging the piercing in any body of water! You may use a water proof patch for protection. Avoid all beauty products near the piercing as well. Don’t hang charms, or change the jewelry too soon either. If your jewelry falls out DO NOT TRY TO FORCE YOUR JEWELRY BACK IN!!!

**Contact Nicole if you experiencing any discomfort, or have any questions! I do offer FREE follow ups!  
Nicole 941-347-7430 or email me for after hour questions Nicole@soulshinepg.com**