

Atomic Tattoos Body Piercing Aftercare Instructions

Congratulations! You have just received a body piercing by a skilled and knowledgeable professional. Your piercer cleaned and disinfected the area pierced and used sterile needles, instruments and jewelry. Now it's your turn to take care of your piercing!

The only time you should touch your piercing is when you are in the process of cleaning it. We urge you to wait until the piercing is fully healed before you change the jewelry.

Healing times:

- Oral Piercings (tongue, lips, labrets): 6 to 8 weeks
- Facial Piercings: 6 to 8 weeks
- Nipple Piercings: 6 to 9 months
- Ear Lobe Piercings: 6 to 8 weeks
- Navel and Ear Cartilage Piercings: 6 months to 1 year
- Nostril and Septum Piercings: 3 to 4 months
- Dermal Piercings: 2 to 4 months
- Genital Piercings: 6 to 8 weeks

The Atomic piercing staff recommends that you use H2Ocean products, sea salt, warm compresses, or a mild fragrance-free soap for the cleaning of most piercings. Using H2Ocean products with a mild fragrance free soap can substitute for a sea salt soak and hot compress.

SEA SALT SOAKS

Sea salt soaks are recommended 2-4 times daily. Sea salt will help to stimulate the area and increase blood circulation, which will promote healing. Dissolve 1/4 teaspoon of sea salt into a 6 oz cup of warm distilled water. A stronger solution is not better as too much sea salt can burn your piercing. Invert a cup over the piercing to form a vacuum and soak directly until the solution has cooled. Follow your soak with a fresh water rinse. For pre-mixing larger batches of solution, use 1 teaspoon for every quart of distilled water. Always dry off with a new paper towel, cloth towels can harbor bacteria.

HOT COMPRESS

Some piercings are more suited for warm compresses. Mix the solution as stated above, but soak a new paper towel (not a washcloth) in the solution and apply to the piercing. This will loosen any crusted material. Any remaining material can be removed with a new cotton swab. Follow with a fresh water rinse.

Instead of a hot compress or sea salt soak, Atomic recommends H2Ocean Piercing Aftercare Spray.

ORAL PIERCINGS (Tongue, labret, lips, etc.)

Expect swelling for the first 2-10 days. Anti-inflammatory over the counter medication can reduce swelling. Avoid hot and spicy foods. Drink plenty of cold fluids. Change your toothbrush, as old ones can harbor bacteria.

Internal cleaning: Swish with H2Ocean oral rinse, warm sea salt water or an alcohol free mouthwash, after eating, drinking and smoking. Continue to brush your teeth regularly. DO NOT use mouthwash that contains alcohol, it can be too harsh and may destroy your natural enzymes in the mouth that promote healing.

External cleaning: H2Ocean Piercing Spray, sea salt soaks and fragrance-free soap are the only recommended products to use. Mix the sea salt as previously stated. Clean 2-4 times daily. Use a cotton swab to remove any built up material on your jewelry. Follow with a fresh water rinse.

EARS, FACIAL, TORSO AND DERMAL PIERCINGS

(Ear lobes, eyebrows, ear cartilage, nipples, navels, etc)

Begin by thoroughly washing your hands with antibacterial soap. Spray H2Ocean Piercing Spray or do sea salt soaks 2-4 times a day. You can also use fragrance-free soap to clean the area. Use a cotton swab to remove the built up crust from the jewelry. Rinse with clean water. Dry the area with a clean paper towel. Avoid cloth hand towels, as they tend to harbor bacteria.

Ear cartilage piercings can become serious if infected. See your piercer immediately if you suspect a problem.

NOSTRIL AND SEPTUM PIERCINGS

Clean the inside by squirting H2Ocean Piercing Spray or warm sea salt water and use a dampened cotton swab to loosen any crusted material. Clean the outside with H2Ocean Piercing Spray or a sea salt compress.

GENITAL PIERCINGS

Wash with soap and water and use H2Ocean piercing Spray or a sea salt compress. You should refrain from sexual activity during the entire healing time; however, if you do not please use protection until completely healed. Keep in mind you have an open wound, so avoid contact with all bodily fluids for the duration of the healing time.

SUGGESTED THINGS TO DO

- Do shower daily, eat right and keep yourself healthy. This will aid in the healing process.
- Do clean your piercing 2-4 times daily.
- Do check to make sure the beads on your threaded jewelry are tightened.
- Do change sheets regularly.
- Do contact your piercer if you have any questions or concerns.

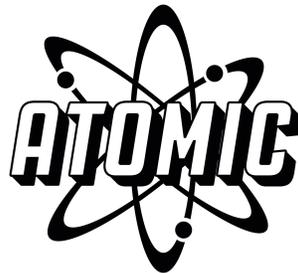
SUGGESTED THINGS TO AVOID

- Avoid pools, lakes, hot tubs and oceans until your piercing is healed.
- Avoid clothes that are tight or binding around your piercing.
- You do not need to twist and turn the jewelry.
- Avoid iodine based cleansers, hydrogen peroxide, alcohol, or any other ointments or solutions that are not recommended by your piercer.

Do not take jewelry out of your piercing until it is fully healed. You risk losing the piercing if you do so. Only a skilled professional should change the jewelry until it is healed enough for you to change it yourself.

With proper care, good hygiene and common sense you should experience a trouble free healing process and a lifetime of enjoyment from your new piercing. We would like to see you back for a check up in about two weeks.

We are experienced professionals trained to provide you with quality care so feel free to contact us if you have any problems or questions. Thank you for choosing Atomic Tattoos for your piercing needs!



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