**Congratulations on your new piercing!**

While the following suggestions are not given, nor should they be construed as medical advice, they are based on the practical experience and professional training of our piercing staff. If medical advice is needed, consult your doctor. It is up to you to take appropriate care of your piercing during the entire healing period, which will take approximately 2-3 months. The first step to healing is to be healthy! Happy healthy bodies make for happy healthy piercings. Good personal hygiene and a stress free life complimented by a nutritious diet with a multi-vitamin supplement will enable the body to heal faster.

**The “NO’s:**

**NEVER** handle your piercing (especially with unwashed hands)!!! This is the number one source of infection. Everything that touches your piercing from hands to sheets, towels and clothing should be freshly washed. Seriously it is important that you **DO not touch! Nor Rotate, Twist, Pull, Pick** or in any other way fiddle with your new piercing. Avoid chemicals: **DO NOT** use rubbing alcohol, hydrogen peroxide, bactine, neosporin, antiseptics, anti-bacterial soaps or any other chemicals. **NO** ointments, lotions, creams, hair sprays/dye, or make-up on or near piercing site. **No** swimming/submerging: Avoid lakes, rivers, pools, bathtubs, hot tubs, oceans, creeks, ponds or mud puddles. Waterproof bandages may or may not work sufficiently to prevent contamination. Consider the consequences when deciding whether or not to take the risk.

**Avoid Snagging**: This may seem obvious, but restrictive clothing, high nap sweaters, straps and belts are the most common causes of anchor rejection. Avoid sleeping on piercing for entire healing period. Sleeping on it could result in displacement and lead to rejection.

**No TANNING** while healing your piercing. Delicate healing tissue can be sensitive to heat, oils, and the cleaning chemicals used in those facilities.

**Special surface anchor healing instructions**:

**Bandage**: Your piercer has placed a bandage over your anchor. This bandage should be left on for 4-6 hours and worn at night for the first 7-10 nights. Bandage should be removed during the daytime to allow for proper healing.

**Flossing**: Once anchor is fully healed to prevent lifting due to dead skin build up, gently take non-flavored floss and run it between anchor and skin- key word gentle! If it don’t fit don’t force it.

**Jewelry Changes**: Anchors do not need to be surgically removed. It is a simple procedure when performed by a trained piercer. Changing of the gem or other top however can lead to rejection. So choose your top wisely and plan on sticking to it.

**Lifting**: If your anchor appears further from the skin, or is tilting to one side or another it is important to visit us immediately.

**Surface Anchor Cleaning instructions**: The combination of showering daily along with proper saltwater compresses and consistent flushing with saline spray will reduce chances of infection and irritation. Please note that saltwater/saline is the only solution to use directly on your piercings. Used properly, saline accelerates healing and minimizes discomfort!

**Compress**: You can make your own saline solution by mixing non-iodized sea salt with distilled water. Measure exactly 5 teaspoons of sea salt directly into one gallon of distilled water and refrigerate.Pour solution into a clean mug, heat the solution to a warm but soothing temperature and make a compress for your anchor piercing using clean gauze or paper towel.Apply saturated material to piercing.Discard and reapply new compress when heat dissipates. Compresses should be done 2-3 times daily.

**Spray**: Use premixed sterile saline like Wound Wash or the more economical but inferior solution of putting a self-made solution into a clean misting bottle. Spray anchor liberally and frequently. This is an essential addition to a healthy compressing routine and works well when cleaning on the run, such as camping, hiking, or working out.You can spray all day every day- Is good!

**Shower**: While in the shower, wash your body as normal Pay attention not to get soap directly on the piercing and never rotate the jewelry through the piercing especially with soap on it. Using a liquid soap not a bar soap reduces the chance of bacterial contamination. Avoid anti-bacterial, fragranced or deodorant soap. Liquid mild, fragrance-free soaps (such as Dr. Bronner’s baby-mild Castile) are strongly preferred and readily available at stores like New Seasons or Fred Meyer. Always dry off gently with a clean towel. Spray the piercing directly with the saltwater/saline immediately after showering to ensure any dirt, oils, or soap is flushed out! Over or Under-cleaning is counterproductive to your healing. Keep it simple: Eat your veggies and Keep your hands off.

**Infections**: Actual infections are rare and can typically be avoided by good hygiene and proper aftercare. Infections are often accompanied by pain, redness, heat and/or dark yellow/greenish discharge. Do not panic and do not remove your jewelry as this does not cure infections but it does remove the passageway for discharge and potentially lead to abscesses. Contact your piercer if you have basic concerns. Contact your physician if infection is suspected.

**REMEMBER IF YOU HAVE ANY PROBLEMS, QUESTIONS, OR CONCERNS FEEL FREE TO CALL US! (763) 691-0013**