

***Ruthless Ink™***  
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**Body Piercing Care Sheet**

1. New piercings should be cleaned 3-5 times daily.
  - a. Use antiseptic hand soap in conjunction with Betadine.
  - b. Avoid deodorant soaps and strong perfumes.
2. During the healing process, matter secreted from the piercing will dry on and around the jewelry and piercing.
  - a. Use warm water ONLY to rinse off the jewelry and piercing.
  - b. Then, clean the piercing with lathered soap and move the jewelry back and forth under running water a few times.
  - c. Make certain all traces of soap are removed.
3. NEVER use hydrogen peroxide or alcohol on body piercings.
4. Sensitive Ears Earcare Solution should be used on ears, septums, nostrils and other above the neck piercings.
5. For lip, tongue and cheek piercings rinse with Listerine EVERYTIME you eat, drink or smoke
  - a. To aid in the healing process, use Gly Oxide twice a day on the piercing.
  - b. Sensitive Ears Earcare Solution should be used on the outside of the lip and cheek piercings two or three times a day. If signs of infection are apparent, an antibiotic ointment such as Neosporin, Mycitracin, or Bacitracin can be used.
  - c. Use of these products should be limited to no more than 7 days.
  - d. Always follow directions on ointment package.
6. Oral contact or handling new piercings can cause infection and should be avoided.
  - a. During the healing process, men should wear a prophylactic during intercourse to minimize risk of infection.
7. If you think the piercing is infected, you should be examined by a physician as soon as possible.
  - a. DO NOT remove your jewelry before seeing a physician.
  - b. Signs of infection are, but not limited to, continued pain/soreness, excessive redness and discharge from the piercing.
8. Body jewelry can be removed and changed when the piercing is healed.
  - a. Ear, nostril and septum piercings require approximately 2 months to heal completely.
  - b. All other piercings require a 6 month healing period.

Note: Always soak new jewelry in 70% Alcohol before use. Enjoy your new piercing!