

A X I S Body Modification Studio

714 Washington Ave SE*Minneapolis, MN, 55414*612-379-4455

Open seven days a week from Noon - Midnight

Aftercare Suggestions

Non-iodized Sea Salt Soak: Mix ¼ teaspoon with 8oz (1 cup) of warm water in non-porous clean cup. Using a disposable product (cotton ball, paper towel) to soak up solution and compress over piercing, or when possible place rim of cup around piercing causing vacuum affect and lean back to soak piercing. This should be done for a minimum of three minutes.

Facial and Body-

Start with a warm shower or non-iodized sea salt soak.

- 1) Wash your hands before touching new piercing
- 2) Before moving jewelry use q-tip to remove all debris from piercing and jewelry using warm water and recommended soap.
- 3) Gently move soap into the piercing using the jewelry (using q-tip, water and soap)
- 4) The last step is to rinse the soap from the piercing with water and pat dry with a clean paper towel.

One q-tip is needed per step for the first 1-2 months, and then hand cleaning in the shower can be added to the cleaning routine. This routine should be done twice a day for the first 6 weeks of the healing process.

Oral-

Care: Rinse mouth, using recommended dental rinse, for 30 to 60 seconds after meals during the first two weeks of the healing process (Not to be used more than five times throughout the day). Sea salt gargles (see Sea Salt Soak, above, for mixture) can be added but not done more than twice daily.

Swelling: Swelling may vary with each piercing. To minimize discomfort and inflammation, Ibuprofen, Advil, Motrin, or Aleve may be used. Crushed ice (generally for tongue piercing) may also be used to reduce swelling and discomfort for the first 2-3 days.

Eating: Choose softer foods at room temperature and less acidic or spicy foods at first. (Generally for tongue piercing) Take smaller bites and chew slowly. Your piercing is an open wound. Do not share cups, cans, bottles or utensils with anybody. Open mouth kissing or sharing of bodily fluids during the healing process is greatly discouraged.

Jewelry Downsizing: Downsizing the jewelry after your piercing is healed should be your first priority to ensure the comfort and the safety of your piercing.

**If you have any questions or concerns we urge you contact us
Immediately @ 612-379-4455**

Protecting Yourself:

Your new piercing is an open wound and should be treated as such. Transaction of bodily fluids in that area could be putting you at risk. The use of contraceptives during sexual activity is strongly encouraged!!!

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HINTS AND TIPS TO PROMOTE FASTER HEALING...

A healthy diet and sufficient sleep are necessary. A daily supplement of zinc will also aid in the healing process. Touching your new piercing with unwashed hands, moving the piercing before cleaning it, and oral contact **should all not be done**. Avoid swimming pools, Jacuzzis, and any bodies of water for at least 2-3 months or longer until healing is completed. If you must go swimming use a water proof bandage such as Tegaderm to protect your piercing from harmful bacteria. If certain clothing or activities irritate the piercing, discontinue and call us immediately for advice. Do not exceed more than two cleanings daily. Do not exceed more than the suggested amount of sea salt in your Sea Salt Soak or compress. (1/8 Tsp. to 8 oz. of water, 1 cup)

Do not use the following products to care for your piercing:

Rubbing alcohol, Hydrogen Peroxide, Bactine, Beta Dyne, Iodine, Hibiclenz, Bacitracin, Mycitrination, Neosporin, Lotion or Tea Tree Oil

These products listed above damage the tissue and/or slow the healing process. Anti-septic mouthwashes may be used to care for oral piercings, although the alcohol can increase swelling even when diluted with water. Soaking or warm compresses with a sea salt and distilled water solution 2-3 times daily can speed the healing process and improve the appearance of your new piercing.

If you have any questions please don't hesitate to call us.

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Enjoy your new piercing. Thank you!

www.axisbodymod.com