

# Adornment

## Body Piercing Studio

Congratulations on your new piercing, now its time to take care of it. Healing times can vary so don't expect it to heal over night!

**For external piercings** (outside of the body): Use Dial foaming hand wash (non scented preferred) no more than 2 times a day for the first 3 weeks, after 3 weeks start to wean yourself off of the soap. Make sure the piercing is the last thing cleaned in the shower and that you don't use body washes, shampoos etc on the piercing (if they run over it while cleaning that's fine just don't directly apply). Also 2 to 3 times a day do either a distilled water soak (heat distilled water in a shot glass), or a hot towel compress.

**For oral piercings:** Use Crest Pro Health or Biotene mouthwash, when you wake up in the morning, before bed at night, after eating, drinking, or smoking.

As always if you have any questions feel free to contact your piercer with any questions.

Adornment Body Piercing Studio

116 N Main St

Blacksburg, Va 24060

540-315-3775

Insta: @adornmentbodypiercing

Fb: facebook.com/adornmentblacksburg