



Navel

Aftercare Instructions

Healing Time 4 to 8 months

1. Wash Piercing with antibacterial soap and water. Thoroughly remove all soap residue. Make sure to remove any plasma (crusty) matter from around your piercing and off the jewelry.
2. Rinse and dry.
3. Spray with Recovery Saline Spray around both sides of the piercing. Turn the ring inside the piercing and back out. Let dry.
4. DO NOT play with the jewelry during the healing process.

Follow these instructions 2 times a day for 8 weeks and then twice a week for the lifetime of the piercing.

Take good care of your Piercing! If you have any questions, feel free to call or stop by anytime.

****DO NOT USE ALCOHOL, PEROXIDE OR ANY OINTMENT AT ANYTIME!****

****DO NOT CHANGE JEWELRY FOR 4 MONTHS!!****