



# Nostril and Septum Aftercare Instructions

Healing Time 6 to 8 Weeks

1. Wash Piercing with antibacterial soap and water. Rinse thoroughly to remove all soap residue. Make sure the remove any plasma (crusty) matter from around your piercing and off the ring.
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.
5. **DO NOT** apply **ANY** makeup to or around the area until fully healed.
6. Be careful not to bump or catch jewelry.

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 3 MONTHS!\*\***