

# Rings of Desire

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## *Aftercare for Body Piercings ~*

Cleaning Solutions: Provon used full strength. An inferior alternative is Dial, Almay, or other liquid antibacterial soap, possibly diluted with bottled water.

## *Salt Water Soaks*

After the first week of healing, mild salt water soaks are strongly suggested to accelerate healing and make the healing period more comfortable. This will also help to reduce irritation in the area. Dissolve 1/4 teaspoon of salt (sea salt is best, though table salt or Epsom salt will do) into one cup of warm or hot water in a clean cup. (A stronger solution is not better as you can burn your piercing with too much salt.) Seal it on the area and soak directly for 2-3 minutes. Follow with a clear water rinse or splash then pat dry with paper products. Do not rotate the ring with salt on it! Salt water is for the exterior of the piercing only.

Salt water soaks help to stimulate air and blood circulation which accelerates healing. You should do a salt water soak before your twice-daily cleanings (instead of plain water) as well as several additional times a day. It is particularly advisable to soak before you do anything active, as it will prevent crust from being pulled inside the piercing as you move around. If you soak a total of six times a day you will heal significantly faster. Salt water is the only additional product (other than Provon and water) we suggest you use to care for your piercing.