

# Rings of Desire

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## *Troubleshooting ~*

On occasion a piercing does not heal as rapidly or as effortlessly as you would like. Healing times can vary tremendously, dependent on a variety of factors. Remember that a piercing is a foreign object, and that the body's usual job is to rid itself of foreign objects. Human bodies are truly unique, and what works best for one person's piercing may not work for another's.

Mild salt water soaks are strongly suggested for sore, irritated, discolored, slow-to-heal, or keloided piercings. This will help to accelerate healing and minimize discomfort and irritation during the healing process of your piercing.

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.

For areas that are hard to soak using a cup, you can soak a clean paper towel or cotton balls in the salt water solution then apply to the affected area.

Follow with a clear water rinse or splash to remove all salt from the area, then gently pat dry with paper products such as Kleenex or toilet tissue. Do not rotate the ring with salt on it!

Salt water soaks help to drain and dry up the piercing, and stimulate air and blood circulation. You can do salt water soaks before your twice-daily cleanings (instead of plain water soaks) and up to four 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. After soaking, when you move, the ring moves freely and more comfortably.

This is the only additional product (other than your cleanser and water) we suggest you use to care for your piercing.

Do not use alcohol, peroxide, or antibiotic ointment!

If you have any questions feel free to call or come in any time.

It is also advisable to take a multivitamin-mineral supplement containing zinc and vitamin C.

Some other products that have been helpful for healing are listed below. These are things to try in the event that the usual care regimen is not proving successful.

Hydrocortisone Cream 1% -2%. This is available over-the-counter at any drug store or pharmacy. Apply twice daily to the exterior of the piercing with a Q-tip.

or

Tea Tree Oil - diluted at least 50/50 with bottled water. This is available at health food stores. Apply twice daily to the exterior of the piercing with a Q-tip.

Try using a product for at least two weeks before you attempt to determine whether it is having the desired effect. The above products are advised in addition to a cleaning solution.