



**White Lotus Custom Tattoo & Professional Piercing**  
7500 S. University Blvd. Centennial, Co 80122  
303-694-0670

### **White Lotus Standard Piercing Aftercare Education**

To encourage successful healing, please follow aftercare instructions given below:

Your \_\_\_\_\_ piercing is expected to take \_\_\_\_\_ months to heal.

If any signs of adverse reaction or infection occur, (ex. Excessive swelling, fever, burning) please contact White Lotus and consult a physician immediately. Do not hesitate to call us or come to the shop if you are unsure if what you are experiencing with a piercing is normal.

**Wash** your hands thoroughly before touching or cleaning your piercing. Never touch it with your dirty hands.

**Avoid** hot tubs, pools, jacuzzis, oral contact, pets, or any cosmetics in the area until it is fully healed. Avoid getting it snagged on clothing, towels, hair, phones, etc. and do not play with the jewelry.

**Downsize** your jewelry if applicable to your piercing at the earliest downsize date. This will ensure the jewelry will sit comfortably and also reduce the risk of knocking it, snagging it, and any other healing issues.

**To clean your piercing:** We recommend *Recovery Saline Wash*, or any other store brand sterile saline wound wash. If that is unavailable, you can mix 1/4 teaspoon of non-iodized sea salt into 8 oz of warm distilled or bottled water. **Do not** use alcohol, peroxide, or harsh soaps, as these can irritate and dry out the piercing.

- Wash your hands before cleaning your piercing.
- Clean your piercing 2-3 times a day - typically once in the morning and once in the evening. Over cleaning can cause irritation. Leave your piercing alone. It is not necessary to rotate or take out the jewelry during cleaning.
- Clean your piercing with saline by spraying the area to rinse it, or by soaking it with saline sprayed gauze. You can clean the jewelry with a Q-Tip or gauze to remove any crust.
- Taking care of yourself is the best aftercare. A healthy diet, lifestyle, and plenty of sleep is always recommended to ensure a successful healing period.

Piercing done by \_\_\_\_\_ on \_\_\_\_\_

Jewelry \_\_\_\_\_ Earliest Change/Downsize Date \_\_\_\_\_