
ALTERNATE SALINE RECIPE

Use this recipe if you run out of NeilMed spray or Listerine Alcohol-Free mouthwash:

Dissolve 1/8-1/4 teaspoon on NON-Iodized culinary sea salt into one cup (8 oz) of warm distilled or bottled water. A stronger mixture is NOT better. Saline solution that is too strong can irritate your piercing.

ID REQUIREMENTS

ID IS REQUIRED FOR EVERYONE!

ADULTS

Driver's License, State ID, Passport

MINORS AGES 14-17

Driver's License, State ID, Passport

or

Birth Certificate and School ID with Photo

MINORS AGES 5-13

Birth Certificate plus Custodial Parent's ID,

State ID or Passport

Legal Guardian/Adoption papers also accepted.

OTHER INFORMATION

- Please EAT and make sure you're well-hydrated before your appointment.
- Please do NOT bring friends and family. Minors are not allowed in the shop unless they are the one being pierced.
- If you have any questions before or after your piercing, please feel free to reach out to us at (480) 987-4728 or on our Facebook or Instagram pages @FrontierTattooCompany.



★Frontier
TATTOO
Company★

(480) 987-4728

THE SHOPS AT COPPER BASIN
2510 East Hunt Hwy., Suite 12
San Tan Valley, Arizona 85143

Conveniently located in Copper Basin at Hunt Hwy &
Copper Mine Rd near The Gym Grill & Bar, Chevron and Kiyoshi

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**Piercing
Aftercare
Instructions**

Date: _____

Piercer: _____

Piercing(s): _____

Jewelry: _____

Healing time (approx): _____

Body Piercings

Basic everyday guidelines:

- Stay healthy. Get enough sleep and eat a nutritious diet.
- Make sure bedding is kept clean and changed regularly.

- Showers are preferred because bathtubs can harbor bacteria.
- Keep your new piercing out of soaking water such as lakes, pools, hot tubs, etc. You may use a waterproof bandage to protect the piercing if necessary.

- Do NOT use alcohol, hydrogen peroxide, Betadine, Hibiclens or ointment on your piercing.

- Do NOT over clean.

- Avoid oral contact, rough play, and contact with others' bodily fluids on or near your piercing.

- Avoid stress and recreational drug use including excessive caffeine, nicotine, and alcohol.

- Avoid ALL beauty and personal care products on or around the piercing including cosmetics, lotions, and sprays.

- DO NOT try and change jewelry too early. Wait at least 3 weeks or more (3 months on navel) to change. If irritation appears with your change-out jewelry then remove and replace with the cleaned original piercing jewelry. We recommend you do NOT buy jewelry from "big box" stores or mall kiosks. We DO recommend buying jewelry from PainfulPleasures.com or HollywoodBodyJewelry.com.

Cleaning:

- Wash your hands thoroughly prior to cleaning, or touching on or near your piercing for any reason.
- Using liquid antibacterial soap, lather a small pearl size bead of soap in your hand, preferably while showering, and wash the jewelry and piercing for no more than 30 seconds and rinse well.

- Let air dry or pat dry with disposable paper products such as paper towels. Do not use cotton type towels.

- Apply NeilMed sterilized sea salt solution. Do NOT wipe off. Re-apply NeilMed sterilized sea salt solution up to six times daily. Remember to NEVER wipe off the spray.



PIERCING AFTERCARE

What is normal?

- Initially, some bleeding, localized swelling, tenderness, or bruising.
- While healing, some discoloration, itching, secretion of a whitish-yellow fluid (not pus) that will form some crust on the jewelry.

- A piercing may seem healed before healing is complete. This is because the piercing heals from the outside in. Be patient and keep cleaning throughout the entire healing process.

- Once healed the jewelry may not move freely; DON'T force it. If you fail to include cleaning your piercing as a part of your daily hygiene routine, normal but smelly bodily secretions may accumulate.



Oral Piercings

Basic everyday guidelines:

- Allow small pieces of ice to dissolve in the mouth.
- If necessary, you may take an over the counter, non-inflammatory such as Ibuprofen or Naproxyn Sodium according to package instructions.

- Sleep with your head elevated above your heart during the first few nights.
- Use a soft-bristled toothbrush and keep it clean.

- Floss daily and gently brush your teeth, tongue and jewelry. Once healed, brush the jewelry more thoroughly to avoid plaque build up.

- Get enough sleep and eat a nutritious diet.

- Maintain a healthy lifestyle.
- Do NOT play with jewelry. Permanent damage may result.
- Avoid undue trauma, excessive talking or playing with the jewelry during the healing process as these can cause scar tissue, migration, or other complications.

- Avoid any mouthwash containing alcohol.

- Avoid oral sexual contact including French kissing or oral sex during the healing process.

- Avoid chewing gum, tobacco, pencils, sunglasses, etc., or sharing plates, cups, and eating utensils with others.

- Avoid smoking. Smoking increases risk and healing time.

- Avoid stress and recreational drug use.

- Avoid aspirin or alcohol, and large amounts of caffeine.

- Avoid submerging in bodies of water such as lakes, pools, hot tubs, etc.

Cleaning Inside the mouth:

- Rinse mouth 4-5 times daily with Listerine Alcohol-Free mouthwash for 30-60 seconds after meals and at bedtime during the entire healing period. If you over clean, it may cause discoloration or irritation of the tongue. (Do NOT use anti-cavity rinse or peroxide whitening rinse.)

Cleaning Exterior:

- Wash your hands thoroughly prior to cleaning, or touching on or near your piercing for any reason.
- Using liquid antibacterial soap, lather a small pearl size bead of soap in your hand, preferably while showering, and wash the jewelry and piercing for no more than 30 seconds and rinse well.

- Let air dry or pat dry with disposable paper products such as paper towels. Do not use cotton type towels.

- Apply NeilMed sterilized sea salt solution. Do NOT wipe off. Re-apply NeilMed sterilized sea salt solution up to six times daily. Remember to NEVER wipe off the spray.

What is normal?

- Significant swelling, light bleeding, bruising, and/or tenderness for the first three to five days.

- Beyond three to five days, some swelling, light secretion or a whitish-yellow fluid (not pus).
- Your piercing may seem healed before healing is complete. This is because the piercing heals from the outside in. Be patient and keep cleaning throughout the entire healing process.

