

Piercing performed:

Jewelry installed:

Performed by:

Date:

Estimated to take:

_____ weeks / months to fully heal.

Please wait until Early / Mid / Late

Jan. Feb. Mar. Apr. May. Jun.

Jul. Aug. Sep. Oct. Nov. Dec.

to change your initial jewelry yourself. If you need it changed earlier please come back and have us do it for you. Precision Body Arts offers free sterilization and installation with any jewelry purchase.

**MIXING INSTRUCTIONS FOR SEA SALT SOLUTION:
(pre-mixed sterile saline is strongly preferred)**

Dissolve 1/4 teaspoon of sea salt in eight ounces of distilled, or purified water. Use daily to soak or gently clean your piercing. **Do not mix too strong a solution** as this can easily over-dry your piercing. Use only pure non-iodized sea salt. (DO NOT use table salt or epsom salt). Rinse site with water after soaking, blot site after spraying or swabbing to remove excess salt.

DO NOT use any harsh chemicals, soaps, or ointments on a body piercing! Products such as Listerine, Dial, Bactine, hibiclens, betadine/iodine, alcohol, peroxide, bacitracin, neosporin, ear care solution, or epsom salt will greatly impede the healing process and may cause damage to your skin or piercing.

Taking a mild non-aspirin non-prescription pain reliever (Tylenol, Advil, Motrin, etc.) to reduce discomfort or swelling is at your discretion. Consult a doctor or pharmacist for recommendations and follow package instructions.

Thank you for choosing Precision Body Arts.

If you have any questions feel free to stop in, or contact us.

Shop phone #: 603-889-5788

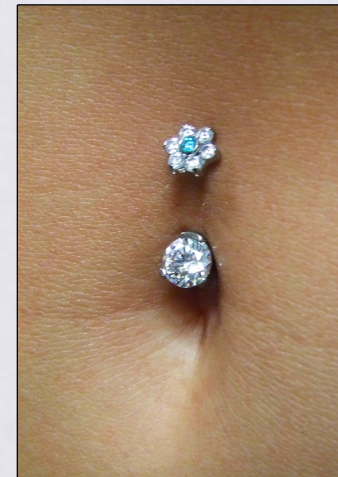
**This form is also available on our website:
www.PrecisionBodyArts.com**

Disclaimer: we are not doctors, any suggestion made in this document is based on the experience of our staff along with that of other professionals in this industry and is not intended to be presented as medical advice.

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*Body Piercing Aftercare
Suggestions from:*

**Precision
BODY ARTS**



Externally Threaded

Sharp threading may damage your piercing when installing or changing jewelry. This style of jewelry should be avoided. ☹️

Internally Threaded

The smooth surface will not damage your piercing. This style of threading creates a smooth fit where the bead meets the jewelry. 😊

Precision Body Arts suggests internally threaded or threadless jewelry options for all body piercings.

Nashua, New Hampshire
www.PrecisionBodyArts.com
603-889-5788