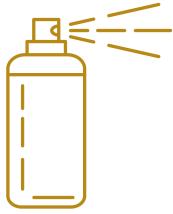


JUST YOUR EARS

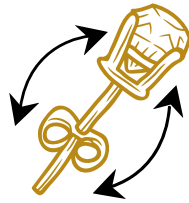
PIERCING AFTERCARE FOR **HELIX**

CLEAN TWICE A DAY OR AS NEEDED FOR 12 WEEKS. TAKES 12 MONTHS TO FULLY HEAL



1. SPRAY

SALINE ON FRONT & BACK
LET SIT 10 SECONDS



2. POSITION

ALLOW ENOUGH SPACE ON
BOTH SIDES



3. INSPECT

EARRINGS ARE "LOOSE"
AND IN THE NOTCH



4. PAT/AIR DRY

USING PAPER TOWEL, NO
Q-TIPS OR COTTON BALLS

1. Wear piercing earrings on the **loosest setting** and in the **notch for 12 weeks**. Tightness can cause embedded earrings.
2. The security earring backs prevent earrings from easily coming off.
3. Wear earrings at **ALL times, 24/7**, holes can close within minutes/hours. For irritated ears, leave earrings IN, figure out the irritation and fix the problem. Common Irritations: too tight, too short, metal allergy, trauma/tugging and preservatives in saline solutions.
4. Don't touch, twist or take your earrings out during the initial 12 week healing period. Cartilage will take **12 months to fully heal**.
5. **Avoid** sleeping on and **bumping**. NO swimming immediately following a helix piercing, wait at least 14 days. If you choose to swim, clean well right after.
6. Change after 12 weeks if there is no tenderness. Choose a quality, small, straight post studs. No dangles or circular hoops for 9-12 months. We carry hard to find flat back sleeping earrings, tiny hoops and earrings that do not make even sensitive ears hurt!
7. When **changing**, use vaseline to **lubricate earring posts** to avoid irritation on the inside of the lobe. Avoid changing too often.
8. Wear **earrings** at all times **24/7**, for about **1 year** to avoid hole closures.
9. Warm saline soaks help with **piercing irritations**. Mix 1 cup hot water and 1/8 tsp non iodized sea salt, soak ear for 3-5 min or wad up paper towels to make a warm compress. Soak twice per day in addition to regular cleaning.
10. **No** ointments like Bactine/Neosporin, we want a tunnel not a scab.

TROUBLESHOOTING TEXT FOR HELP 206 719-2644

WE CARRY QUALITY EARRINGS, SPARE PARTS & ACCESSORIES

- 14K & 18K GOLD EARRINGS
- STAINLESS EARRINGS, PART & BACKS
- TITANIUM EARRINGS, PARTS & BACKS
- PLASTIC EARRINGS, PARTS & BACKS
- EMERGENCY TRAVEL AFTERCARE KIT
- FLAT BACK STYLE EARRINGS
- SLEEPING/COMFORT EARRINGS
- EAR CUFFS
- GOLD HOOPS & DIAMOND EARRINGS
- AFTERCARE CLEANING SPRAY