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## **PART 1 — DYNAREX / SECOND SKIN AFTERCARE**

“Alright, if your tattoo is wrapped in Dynarex or second skin, listen closely because this is the fastest, cleanest, and most reliable way to heal your tattoo.”

### **1. Leave the bandage on**

“Keep this bandage on for 24 to 48, 56 being the most recommended hours, depending on how much plasma you see.

It’s normal for the bandage to look cloudy — that’s your body doing its job.”

## **2. Removing the bandage**

“When you’re ready to take it off, do it in the shower. Warm water helps release the adhesive without irritating your skin.

Peel slow, low, and steady — like removing a sticker.”

## **3. First wash**

“Once it’s off, wash your tattoo gently with unscented antibacterial soap.

Your goal is to remove the plasma, not scrub it raw. Use your fingertips — no rags, no loofahs.”

## **4. Pat dry**

“Pat it dry with a clean paper towel. Not your bath towel — that holds bacteria.”

## **5. Light moisturizing**

“For the next 3–5 days, apply a very thin layer of fragrance-free lotion or approved tattoo aftercare. Less is more.

If it shines, it’s too much. If it looks healthy but matte, it’s perfect.”

## **6. Do NOT do these:**

- No soaking
- No swimming

- No heavy sweat
- No picking or peeling
- No sun exposure

## **7. Expect the peel**

“Around days 3–7, your tattoo’s gonna peel like a sunburn — totally normal. Let it fall off naturally. If you pick it, you’ll pull out color

# **TRADITIONAL HEALING METHOD**

“Now if you’re healing your tattoo the traditional way, pay attention, because this method takes a little more daily care.”

## **1. Keep the initial wrap on**

“Leave your wrap on for about 3 hours, unless I tell you otherwise. Your body needs a little time to calm down before you wash it.”

## **2. First wash**

“When you take the wrap off, wash gently with warm water and unscented antibacterial soap.

Don’t soak it — just let the water run over it and clean it softly with your fingertips.”

## **3. Drying**

“Pat it dry with paper towels. No wiping, no rubbing.”

#### **4. Let it breathe**

“For the first 24 hours after washing, let the tattoo breathe with no lotion. This lets the skin close naturally.”

#### **5. Moisturizing schedule**

“After that first day, start applying a very thin layer of lotion or tattoo ointment 2–3 times a day.

If the tattoo looks greasy — you’re using too much.”

#### **6. The peeling stage**

“When it starts to peel, don’t touch it. Don’t help it. Don’t scratch it.

If it itches, tap it or put lotion on — never scratch.”

#### **7. What to avoid**

- No baths
- No pools
- No tanning
- No direct sunlight
- No gym sweat rubbing on it
- No sleeping on it

## 8. Long-term protection

“When your tattoo is fully healed, use sunscreen. UV rays are the number one killer of tattoo vibrancy

# PIERCINGS **AFTERCARE**

## PART 1 — WHAT YOU NEED TO CLEAN YOUR PIERCING

### Approved Retail Cleaners

You can use any of these:

- NeilMed Piercing Aftercare Spray (recommended)
- Sterile Saline Wound Wash (0.9% isotonic saline)
- H2Ocean Piercing Spray
- Simply Saline Wound Wash (unscented, unmedicated)

These are sterile, safe, and convenient. No mixing, no guesswork.

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# **How to Clean Your Piercing (Retail Cleaner Method)**

(Camera close-up demonstrating the motion.)

1. Wash your hands first — non-negotiable.
2. Spray the saline directly on the piercing or soak a sterile gauze pad.
3. Let the solution sit for 15–30 seconds to break down crust.
4. Gently wipe away the crust using sterile gauze. Do NOT spin or twist the jewelry.
5. Air-dry or gently pat dry with a clean paper towel.

Do this 2–3 times a day.

No alcohol, no hydrogen peroxide, no Bactine, no Neosporin.

Those products damage the tissue and delay healing.

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## **PART 2 — HOW TO MAKE YOUR OWN SALINE AT HOME (DIY METHOD)**

If retail spray isn't available, here's the safe, medically-approved recipe.

### **DIY Piercing Saline Solution**

- 1 cup of warm distilled water
- 1/4 teaspoon of non-iodized sea salt (NOT table salt)

Mix until dissolved.

### **How to Use It**

1. Dip sterile gauze or a cotton round in the solution.
2. Gently soak the piercing for 5 minutes.
3. Wipe away the crust.
4. Pat dry with a clean paper towel.

### **Important**

- Do NOT store this solution for more than 24 hours — remake it daily.
  - Never increase the salt amount. Too much salt irritates skin.
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## **PART 3 — WHAT NOT TO DO (MOST COMMON MISTAKES)**

- Don't twist, spin, or move the jewelry.
  - Don't touch it unless you're cleaning.
  - No pools, lakes, jacuzzis, saunas.
  - No makeup or skincare products near it.
  - No alcohol, peroxide, or ointments. (unless it is infected then come see me)
  - Don't sleep on a fresh ear piercing.
  - Avoid snagging on clothing, hats, or hair.
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## **PART 4 — FULL PIERCING HEALING TIMELINE**

### **Ear Piercings**

<b>Piercing</b>	<b>Healing Time</b>
Earlobe	6–8 weeks
Upper lobe	8–12 weeks
Helix (outer cartilage)	6–12 months
Forward helix	6–12 months
Tragus	6–12 months
Anti-Tragus	9–12 months
Daith	6–12 months
Conch	9–12 months
Rook	9–12 months
Industrial	9–12+ months

## **Nose Piercings**

Nostril 4–6 months

Septum 6–8 weeks

## **Oral Piercings**

<b>Piercing</b>	<b>Healing Time</b>
Tongue	4–6 weeks
Lip/Labret	2–3 months
Monroe/Medusa	2–3 months

## **Body Piercings**

<b>Piercing</b>	<b>Healing Time</b>
Navel	6–12 months
Nipple	6–12 months
Surface piercings	3–12 months (varies greatly)
Dermal anchors	3–4 months