

FLORIDA TATTOO INK POST PIERCING CARE FORM

- Do NOT touch piercing without washing hands first.
- Clean area three times a day with a saline solution using a cotton swab.
- Avoid eating pork, eggs, peanuts, chocolate, fried foods and seafood.
- Avoid going to the beach and entering the ocean or entering a swimming pool.
- Avoid sunbathing as the heat can influence the formation of granuloma.
- Avoid alcoholic beverages as it delays healing.
- Avoid friction. Sleep putting pressure on the piercing site.

Name (print): _____

Signature: _____

Date: _____