



**TRIBAL
EXPRESSION**
PROFESSIONAL BODYPIERCING



Do not use the hot compress / sea salt soak with out consulting a professional body piercer and or a doctor. If you think you have a infection Do not use the hot compress and seek medical attention. Infections thrive on heat and moisture and will intensify the infection.

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Hot Compress / Sea Salt Soak

A Hot compress / Sea Salt Soak can be extremely helpful to a piercing that is problematic and or building scar tissue. Its very important to follow the instructions precisely.

- (1) All hot compresses are to be done after your initial cleaning of the piercing as occasionally some of the problems you are experiencing could be caused by not properly rinsing out all of the aftercare cleaning product.**
- (2) Fill a clean 8oz cup with hot water "coffee cup" make sure that the water is hot but not hot enough to burn or scald the area.**
- (3) Dissolve 1/4 of a tea spoon of edible sea salt in to the hot water. It is extremely important to not use more than 1/4 of a teaspoon of the edible sea salt as this will cause the mixture to be come corrosive. This can cause scar tissue build up and or rejection.**

Do not use any other type of salt, Epsom salt will make the mixture extremely corrosive. Regular table salt has iodine in it and will kill the white blood cells, this will cause the piercing in question to take longer to heal as well as more prone to an infection.

- (4) Quickly flip the cup over the piercing and press the cup tightly against the skin, preventing the solution from leaking everywhere.**
- (5) Hold the cup there for 5 minutes, twice per day.**

The mixture of 1/4 of a teaspoon of edible sea salt to 8oz of hot water is extremely close to the amount of salt that your body naturally produces. The hot compress can be beneficial in a couple of ways

- **It can aid in the prevention and or disintergration / reduction of keloid Scar tissue.**
- **They work as a natural astringent drawing any matter out of the body, this becomes extremely beneficial in the case of a follicular cyst. A follicular cyst is basically an ingrown hair and or a plugged pore and a common problem in Tragus and nostril piercings.**
- **Hot Compresses encourage extra blood flow to the area and due to this fact it can increase healing.**
- **It can aid the natural cleansing of the area and rinsing out of any residual aftercare product that may be left in the area.**