

AFTERCARE INSTRUCTIONS PIERCINGS

THE FIRST 6 WEEKS

- ◆ Avoid (bubble) baths, swimming pools, saunas and steam baths.
- ◆ Cover the piercing when sunbathing or while using tanning beds.
- ◆ Touch the piercing as little as possible (and only with clean, washed hands) to avoid contamination/infection.
- ◆ With a navel piercing, make sure that high pants do not press on the piercing and that no buttons touch the piercing. If necessary, tape the button on the inside to avoid the risk of infection.
- ◆ Do not wear dirty, woolen or fluffy clothing directly on the piercing.
- ◆ Do not apply ointments or oil to the wound.
- ◆ Do not wear bandages over the piercing except briefly when necessary during activities.
- ◆ If you have any doubts or questions, please contact your piercer.

GENERAL CARE

- ◆ Wash your hands well beforehand.
- ◆ Wash twice a day with a mild unscented soap, or use a saline spray.
- ◆ Clean the piercing last while showering.
- ◆ First soak the piercing, then wash it with lukewarm water and soap. If necessary, use cotton swabs to remove dirt. Do you suffer from scabs? DO NOT scratch these loose, but soak them loose.
- ◆ Rinse away the soap residue well.
- ◆ Dry the piercing with tissues or kitchen/toilet paper.
- ◆ Do not use disinfectants such as alcohol or sterilone. These remedies are too aggressive and do not promote healing.

AVERAGE HEALING TIME

Oorlel: 4 - 6 weeks or longer

Cartilage: 6 - 9 months of langer

Nostril: 4 - 6 months of langer

Septum: 4 - 8 weeks of langer

Eyebrow: 6 - 8 weeks of langer

Bridge: 4 - 6 months of langer

Tongue: 4 - 8 weeks or longer

surface: 4 - 6 months of langer

Lip: 6 - 8 weeks of langer

Belly button: 6 - 9 months of langer

Nipples: 6 - 9 months of langer

VHC: 4 - 8 weeks of langer

INFLAMMATION

Never remove the jewelry! This contains the inflammation and takes longer to heal. It is important to first check whether the piercing is really infected or whether something else is going on. Sometimes it is necessary to use a larger piece of jewelry or different material. Sometimes it is wise to switch to a different aftercare, only do this on the advice of your piercer or doctor. In case of extreme redness, swelling, bleeding, pus, color change, outgrowth or rejection symptoms of the wound or pain, contact your doctor.

AFTERCARE IS IMPORTANT!

Healing time varies per piercing and per person. Your general health and physical condition play a role in this. Personal hygiene is necessary during the healing time of the piercing. Good aftercare prevents irritations, pain, inflammation and other complications. It also ensures a faster healing process!

Tip: While sleeping you can use a round travel/neck pillow. Lay the pillow flat and place your ear in the hole. This way you relieve pressure on your ear and you can still sleep well.

WASH AND KEEP YOUR HANDS OFF!

Almost all complications are caused by too much touching the piercing. A piercing cannot grow in the skin, but what does get stuck are scabs. Once the piercing has healed, the scab will fall off automatically. If you continue to touch it, move or turn, the scab will return again and again. If you repeatedly touch the piercing with unwashed hands, it will become irritated and become red and thick. So stay away from it! It is possible that your body rejects a piercing, this is something you cannot do anything about. In this case, your body does not accept the jewelry.

NOSTRIL PIERCING

Please note: Even after your nose piercing has completely healed, the hole will close again very quickly without jewelry. This happens on the inside that you can't see. After a few minutes, a membrane will form over the hole.

CARE FOR ORAL PIERCINGS

For aftercare of piercings in the mouth, use mouthwash based on chlorhexidine solution or a mouthwash intended for this purpose. You rinse your mouth every time after you eat, drink or smoke. You can reduce swelling by sucking on ice cubes and taking ibuprofen.

LIP PIERCING

The lip may swell in the first week, which means that a longer bar must be worn first. It is important that the final piece of jewelry fits nicely to prevent damage to the teeth and gums. It is normal for the inner plate to settle into the soft tissue of the lip. Make sure that the tissue does not grow over the plate, so that the jewelry cannot be removed.

TONG PIERCING

The swelling is highest after 2 to 5 days. During this period the tongue is uncoordinated and talking and eating will be more difficult. After 10 to 21 days, the swelling should be completely gone. After 7 and 21 days when the swelling has reduced, the bar is replaced with a shorter one to prevent you from biting it.

BELLY BUTTON PIERCING

Your belly button will look normal for the first week. Scabs will form around the two holes, this is normal. After 6 to 8 weeks, any discharge and crusting should reduce and only a small amount of redness will remain around the piercing. Continue the care until the redness is completely gone.

CHANGING / SHORTENING PIERCING

You can only change a piercing safely once your piercing has completely healed! Most piercings are done with jewelry that allows room for swelling. Have your jewelry replaced in time for a matching piece of jewelry to prevent irritation and the risk of crooked growth.

If you have any questions, you can send me a message via WhatsApp: 0633644630