



After-care for your new piercing

*If you feel that your piercing is not healing as it should, if anything is amiss or if you are in doubt please come to my studio first.
Most problems can be dealt with right there!*

Normal symptoms within the first few days after getting pierced:

Slight bleeding, moderate amounts of exudate, formation of scab or crusts, moderate bruising, moderate redness, moderate swelling, pain and /or soreness to the touch

For the first 14 days:

- *Avoid touching your piercing unnecessarily*
- *There is no good in moving, pulling, pushing or even twisting the jewelry*
- *Hands off!!! There is no way piercings could ever grow into flesh*
- *Do not go to: the pool, the sauna, the Turkish bath, the tanning booth or the bath tub*
- *Stay out of the sun, tanning in the sun won't do any good either*
- *You may: Take a shower and wash your hair normally- avoid soap on the piercing as far as possible*
- *Avoid getting your piercing dirty*
- *Avoid environments where it might get dirty. Your pet should also be kept away from it*
- *No contact with foreign body fluids (e.g. Saliva, sweat, semen...)*
- *Avoid exposure to friction and pressure (tight-fitting clothes, bras, belts, sleeping on it...)*
- *No picking with your fingernails!*
- *Do not take any blood-thinning medications (e.g. Aspirin) and alcohol within 2 days. The same goes for smoking and a piercing within the oral cavity*
- *Make sure the piercing does not get caught (e.g. on a towel while drying off)*
- *Do not remove the jewelry yourself during the healing process*
- *Avoid undue exertion during the first 3 days*
- *Don't be a show-off: it is new and you are proud of it- still, sticking it into your friends' faces might get it dirty*
- *Keep make up and skin care products away!*

After-care

*This procedure is to be done twice a day, morning and night. If the need arises it may be done a third time around midday. **REMEMBER: Do it, but don't overdo it!!!** Normally, twice a day is plenty*

1. *Wash (and sanitize, if necessary) your hands*
2. *Apply some of the provided care product to the piercing and let it set*
3. *Apply some product to a cotton swab and remove encrusted matter. What doesn't come off on its own stays in its place! Make sure no cotton fibers remain*
4. *Do not twist or move the jewelry*
5. *Apply some more product to the piercing and let it set.*
6. *You're done! :)*