



AFTER CARE INSTRUCTIONS FOR PIERCINGS

The healing period of a piercing varies per piercing and per person. General health and physical fitness play a role in the overall healing. Personal hygiene is an absolute necessity during the full healing period of the piercing.

After piercing the area can be red and swell. During the full healing period the piercing jewelry needs to have enough space so you can still see a bit of the jewelry itself. When the jewelry is too tight, please contact us.

The piercing should be treated as a wound and needs care as such. For a quick and easy healing period, please consider the following:

1. Do not touch the piercing with your hands, except when you're washing the piercing. Please wash your hands prior to washing. If you prefer, you can also wash the piercing with an earbud.
2. Wash the surroundings of the wound twice daily during the first 2 months. We recommend a mild soap, like **Unicura, Neutral of Sebamed**. You can buy this at Kruidvat, Etos or any grocery store.
3. Dry the surroundings of the piercings carefully.
4. Do not use any creams, oils or Vaseline®. Only use the soaps we recommend. If in doubt, ask the piercer.
5. Do not use disinfectants like Sterilon® or Betadine® on the piercing.
6. Only use band-aids on the piercing when you need to cover it up during sports, for a short period of time.
7. With body piercings (belly button, nipples, etc.) only wear clean clothes. Make sure the clothes are not too tight (i.e. pushup bra's or corsets).
8. Avoid swimming the first 2 months with a new piercing. Only sea water is allowed during this period. Also avoid sunbaths and steam baths.
9. Never remove the jewelry yourself during the healing period. Always contact the piercer prior. In case of extreme redness, swelling, bleeding, puss, change of color or signs that the piercing might be rejected always contact the piercer. In extreme cases contact your doctor.

Specific instructions for oral piercings:

1. A tongue piercing (or other piercing in your mouth) needs extra care after eating, drinking, smoking or other oral contact. Brush your teeth regularly and rinse with water diluted alcohol free mouthwash after eating and smoking. We recommend using **Listerine Zero** or **Elmex**. You can best fill a bottle with water and fill the top bit with the mouthwash, this way you can carry it with you all day and rinse when needed.
2. Avoid kissing or other oral contact during the healing period. Especially during the first 2 weeks.
3. Do not consume any alcohol or use any drugs during the first 2 weeks.

Average healing period per piercing

Earlobe	2 - 3 months
Cartilage	4 - 12 months
Nose	2 - 4 months
Lip	2 - 3 months
Eyebrow	6 - 8 weeks
Tongue	4 - 6 weeks
Belly button	4 - 12 months
Nipple	6 - 12 months

Average amount of time before first change

Earlobe	+ - 2 months
Cartilage	+ - 3 months
Nose	+ - 2 months
Lip	+ - 3 weeks
Eyebrow	+ - 6 weeks
Tongue	+ - 2 weeks
Belly button	+ - 6 months
Nipple	+ - 4 months