



Aftercare Instructions for Piercings

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Congratulations on your just applied piercing. The most exciting part is behind us.

The piercing has been applied sterile, it is now up to you to ensure that the healing process is as fast and good as possible. Therefore, please read the following instructions carefully!

General health and physical conditions play a role in this. Personal hygiene is imperative during the healing process. Immediately after piercing, the spot can become red and swell, the piercing is a wound and should be treated as such.

1. Touch the piercing as little as possible, if you do want to touch the piercing, wash your hands first.
2. Clean the piercing 2 times a day with **After Piercing spray** (sold separately from us), or rinse with sea salt in lukewarm water (e.g. navel, nipple).
3. After washing, pat the area around the wound dry with a clean towel or tissue.
4. Keep the piercing dry as much as possible.
5. Do not drip wound disinfectant such as sterilon or betadine on the wound.
6. Do not wear plasters over the piercing, except for a short period of time, e.g. during exercise.
7. For micro-dermals, tape tightly with plaster for 10 days.
8. Do not wear tight or dirty clothing for a body piercing.
9. During the healing process (min. 14 days), avoid contact with swimming water (chlorine, bubble and natural pools).
10. If inflammation is suspected, you can get **fucidin ointment** from us or the pharmacy and apply it 2 times a day.
11. In case of extreme redness, swelling, bleeding, pussing, color change, outgrowth-shedding symptoms, always contact your doctor.
12. If you have an earring in your piercing hole, it can become smaller. When changing the piercing jewel, we then have to stretch it. This can cause inflammation.
13. Earring =0.8mm and piercing 1 - 1.2 - 1.6 or 2mm

Specific aftercare instructions for oral piercings.

1. An oral piercing (mouth) deserves extra attention after eating, drinking, smoking or other oral contact.
2. Brush teeth regularly, keep plaque-free with a saline-based toothpaste, and rinse with chlorhexine-based mouthwash (listerine or sea salt) if necessary
3. Avoid kissing or oral contact during the healing process.
4. In any case, do not smoke the day the piercing is done because of nicotine poisoning.

Specific aftercare instructions for genital piercings.

1. Clean the piercing wound regularly. This will prevent inflammation.
2. Do not pinch the piercing with tight clothing.
3. Wait until the wound has completely healed before using swimming pools and hot tubs. This is how you avoid infections.
4. For most genital piercings, the healing period is 8 weeks or more. You are often not allowed to have sexual contact (or with a condom) for weeks. Follow the instructions carefully

After piercing spray is niet bij piercing inbegrepen, is afzonderlijk verkrijgbaar.

If you have any questions, you can always call or email us!

Earlobe..... 6 - 9 weeks	Earlobe/Tragus..... 9 - 12 weeks
Ear cartilage..... 3 - 9 months	Genitale..... 8 - 12 weeks
Neus/Lip/Labret 7 - 9 weeks	Navel..... 6 - 9 months
Tepel..... 3 - 9 months	Microdermal..... 6 - 8 weeks
Eyebrow..... 6 - 8 weeks	

Patrem Filia is NOT responsible for non-compliance with the above-mentioned points!!