



Instructions for aftercare following a piercing

During the piercing procedure the continuity of tissue is disrupted what causes a mild inflammation which is body's natural defence response. That is why in the piercing site may occur a slight bleeding, redness or swelling.

The healing proces i san individual issue – it may differ in size, how long the swelling lasts and the intensity of bleeding.

In order to help your body to heal you should follow the guidelines below:

- The freshly pierced site and piercing jewelry can be touched by washed hands only.
- The freshly pierced site should be cleaned 2-5 times a day – using colloidal silver, sea salt solution, sterile saline solution, or an infusion of sage or chamomile (if there is no allergy), or with products specifically designed for this purpose.
- Every time while cleaning the pierced site you should move a bit the jewelry in the piercing channel and tighten movable elements: balls, cones, etc.
- Until the complete healing you should avoid any potential source of infection – secretion, mucus or body fluids (blood, sweat, saliva, sperm).
- If there is a crust in the piercing site it can be removed only while using antibacterial soap (medicinal soft soap under running water) or disinfecting liquids.
- During the healing proces do not tamper with the piercing site (apart from its regular care mentioned in this document). Do not use any shampoo or other inappropriate cosmetics in the piercing site.
- You should avoid bathtubs, swimming in a swimming pool or a lake, using sauna, sunbathing (in the sun or solarium) – until the pierced site is completely healed.
- When doing sport you should avoid any injuries caused by rapid pulling, hitting, and do not tease the wound by your clothes.
- If your ear is pearced you should be precautious while using mobile phones, earphones or helmets.
- When you have fresh piercing in the mouth you should avoid drinking alcohol, smoking, consuming diary products, hot spices, hot drinks.
- You should use toothpaste for kids during the healing proces.