

# Care instructions for the healing of a Piercing



**Proper aftercare for a new piercing is a must.  
Here are a few tips:**

Piercing care spray after spraying  
about 60 sec and let it act.

**3 times a day (morning, noon and evening).**

## **Aftercare for a "normal piercing"**

1. Do not visit swimming pools, saunas or solariums during the first 4 weeks - do not bathe, but shower!
2. When showering, it is best to use ph-skin neutral shower gel or soap.
3. No contact with foreign body fluids in the first weeks
4. Do not take any blood thinning medications for the first 1-3 days
5. Do not apply unnecessary pressure or friction to the piercing
6. Do not remove the piercing during the healing phase
7. Make-up, cream and powder must not get into the wound
8. Take particular care with hair dyes! These must not get into the wound!

## **Aftercare "Around the mouth"**

1. After each meal, rinse the mouth with a mouthwash without alcohol
2. Abstain from alcohol and tobacco products
3. No exchange of body fluids (e.g. saliva, sweat, semen)
4. Refrain from spicy, extremely cold or hot foods and eat carefully
5. Drink a lot, preferably mineral water or chamomile tea
6. Do not consume milk or milk products for the first 3 days
7. In case of pain or swelling you can cool with clear ice

## **Post-treatment "intimate zone"**

1. No sexual activity of any kind
2. Avoid wearing clothes that are too tight
3. Use breathable underwear (no synthetics)

## **General healing times**

- Lobe (earlobe) 2-4 weeks
- Cartilage (ear cartilage) 3-12 weeks
- Eyebrow 4-6 weeks
- Nostril (nose) 4-8 weeks
- Tongue 3-4 weeks
- Lower lip 3-6 weeks
- Frenulum 1-2 weeks
- Nipple 8-16 weeks
- Belly button 6-12 weeks
- Frenum 2-3 weeks
- Hafada 4-6 weeks
- Clitoral hood / labia minora 2-3 weeks
- Outer labia / Kristina 4-6 weeks
- Prince Albert 2-4 weeks

## **For all piercings applies:**

Support your body with little stress, plenty of sleep, a healthy diet and little physical exertion!  
Avoid touching yourself with dirty fingers. At best, disinfect your hands before every touch.

**At least wash your hands!**