

Care instructions Piercing

Healing times



- Earlobes (1. - 3. holes): **4-6 weeks**
- Ear cartilage i.e. Helix, Tragus, Conch, Flat: **3-6 months**
- Ear cartilage i.e. Daith, Rook, Industrial: **4-12 months**
- Nostril (nose sideways): **3-6 months**
- Tongue (normal) & Snake Eye: **4-8 weeks**
- Tongue & lip frenulum: **2-3 weeks**
- Lips i.e. Labret, Ashley, Eskimo (Vertical-Labret), Madonna, Monroe, Medusa: **4-8 weeks**
- Bridge, Eyebrow, Septum, Venom Bites: **2-3 months**
- Nipple 1.2mm, Micro Dermal Anchor: **2-3 months**
- Nipple 1.6mm, Navel, Surface: **4-6 months**
- Cheeks, Dahlias: **4-12 months**
- Christina, Pubic: **4-6 months**
- VCH, HCH, Labia (Minora & Majora): **4-8 weeks**
- Frenum, Hafada, Prince Albert: **4-8 weeks**
- Ampalang, Apadravya, Reverse PA, Guiche: **3-6 months**
- Fourchette, Triangle, Princess Albertina: **2-3 months**

Mouth & Oral Piercings:

- Use the recommended mouth wash (**Easy Piercing**) or spray (**Prontolind Mundspray**) 3 times per day, according to the guide on the bottle.
- For the first 2 weeks, rinse with a mild mouthwash (e.g. chamomile tea) after each meal/drink.
- For the first 2 weeks, avoid animal dairy products, fruits or fruit juices, as well as hot, spicy or acidic food / drinks.
- If swelling occurs, suck on ice cubes made from chamomile or sage tea.
- During the entire healing process: no tongue kissing, no oral sex.

Genital piercings:

- No sexual intercourse, no oral sex for at least 4 weeks.
- Until completely healed, always use protection (condoms/barriers) during intercourse.

Micro Dermal Anchor:

- Cover the Micro Dermal Anchor with an adhesive plaster/band-aid for at least 2 weeks. Change the plaster 2x a day and repeat the care routine.

Follow these steps 3-5 times a day for each piercing during the entire healing time:

- Wash your hands and spray the piercing with a suitable piercing care spray such as our **Stechwerk Care**.
- Crusts of lymph fluid and scabs can form at the edges of the wound. Let them soften and gently clean them with a fresh tissue (do not pick at them, do not use Q-tips or cotton swabs).
- Spray the piercing once again with a suitable piercing care spray such as our **Stechwerk Care**.

The piercing jewellery should not be changed or removed until it is completely healed. Changing it too early can lead to serious problems. We do not recommend removing the piercing yourself.

Creams, such as body lotion, moisturizers, Make-Up, etc. should not come in contact with the new piercing. Creams, as well as Make-Up, can lead to irritation, inflammation and/or infection. In general, we do not recommend using creams near your new piercing.

We recommend caring / disinfecting your piercing using only a suitable piercing care spray such as our **Stechwerk Care**.

We have had the best experience with our **Stechwerk Care spray** over the years.

For mouth & oral piercings we recommend the use of a suitable Mouthwash (**Easy Piercing**), and/or a suitable Mouthspray (**Prontolind Mundspray**).

Piercings can become crooked or cause problems if you sleep on them, or if constant pressure is applied. This can be caused by regularly wearing tight clothes, headphones, or any type of helmets. We kindly ask you to always use caution.

Secondary bleeding, swelling, and bruising can occur with any piercing. This is not a cause for great concern. Cover the area with a clean tissue and press firmly until bleeding stops.

Alcohol in the blood inhibits platelets from closing wounds, which means prolonged bleeding can be expected. Avoid swimming and bathing in any type of water (sea, lake, bathtub, swimming pool), sauna visits, as well as sunbathing until at least halfway through the recommended healing time. Tight clothes / lace underwear can also be disruptive to the healing process of certain piercings.

Note the following for every new piercing



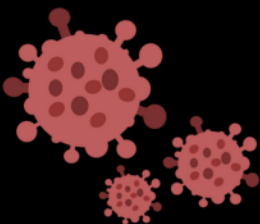
The piercing should only be performed if necessary with thoroughly washed and disinfected hands washed and disinfected hands.



Disinfect the piercing at least 3-5 times a day with a suitable piercing care spray such as our **Stechwerk Care**. From Octenisept, Merfen or similar sprays as these were designed for cuts and burns and not for piercings, which need to be disinfected which need to be disinfected for much longer.



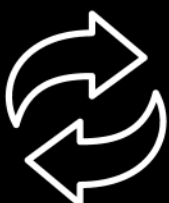
Do NOT use Q-tips (cotton buds) to clean the piercing. cleaning the piercing. Q-tips can cause irritation and inflammation in piercings. We recommend using a standard handkerchief or swab to clean the piercing.



A piercing can always become infected! This is no reason to panic. It is often sufficient to disinfect the piercing several times. If this does not help, please come and show us the piercing.



Avoid at least until halfway through the healing period Bathing or swimming (also sea, lake, bathtub), sauna, solarium & sunbathing.



The piercing should never be changed before it has completely healed. The healing time of a piercing varies from person to person.