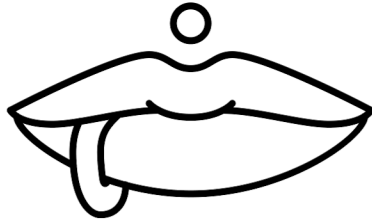




Piercing care

Recommendations & Tips



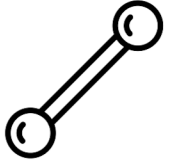
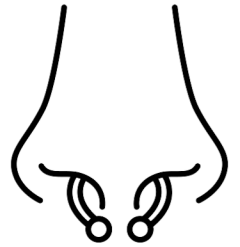
Healing times:

- 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**
- 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**

The body is not a machine! The indicated healing times are guidelines and may vary from person to person. These healing times always assume correct care.

Mouth & Oral Piercings:

- Use the recommended mouth wash or spray 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.

Most importantly:



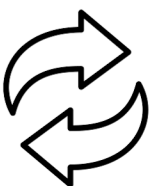
The piercing should be touched as little as possible, and if at all necessary, with thoroughly washed and disinfected hands.



Disinfect the piercing at least 3-5 times per day with an appropriate piercing care solution, such as our Stechwerk Care spray. Avoid using Octenisept, Merfen or similar sprays, as these are designed for cuts and burns but not for piercings, which need to be disinfected for much longer



DO NOT use Q-tips (cotton swabs) to clean the piercing. Q-tips can cause irritation & inflammation to piercings. We recommend using a normal, unused tissue or gauze to clean the piercing.



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



Do you have any questions? Feel free to contact us directly in one of our stores. Have you checked out our [FAQ](#)? There you can find answers to the most commonly asked questions about piercings.

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](#), and/or a suitable [Mouthspray](#).

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.