

## GENITAL PIERCING AFTERCARE INSTRUCTIONS

### Your piercing is a wound and not a toy!

- Pay attention to cleanliness: a fresh piercing must **not** be touched with unwashed fingers
- Avoid moving the jewellery (twisting, pulling, pushing back and forth, etc.).
- Keep forms of pressure away
- Keep all cosmetic products away (soap, shampoo sun cream, perfume, etc.).
- Jewellery must be **worn continuously** throughout the healing period.
- Avoid sauna, solarium, swimming pools, bathing lakes, sea and full baths for at least six weeks (splashing water can also be dangerous for the piercing, which is why we advise against going into the water "only up to the knees").
- Change your bedsheets freshly and regularly
- Pets do not belong in the bed (not even at the foot end!) during the healing process.

### From the next morning, do the following twice a day until healing is complete:

- Wash your hands thoroughly
- Shower the pierced area with clean tap water (let the water run over the piercing for a few minutes for the crusts to soften).
- Remove crusties carefully & dry your piercing.
- Wet a new compress with sterile saline solution.
- Put the moistened compress on your piercing for **min. 5- max. 10 minutes**.
- Dab the the piercing dry after the soak. This is a key step!

Saline baths: Instead of a wet compress, take a small cup, fill it with sterile saline solution and place it over your piercing. Again, you should leave it on for 5-10 minutes and dry the area at the end.

Since urine has a healing effect, it is advisable to drink plenty of fluids if you have piercings that come into contact with urine.

We do **NOT recommend disinfection** as this kills the body's own important bacteria as well as flushing the newly forming cells out of the wound, therefore slowing down wound healing.

Please do not use Octenisept, Prontolind, Tyrosur and similar products. **Do not use ointments** or more than one product at a time. Any changes in care should always be discussed with your piercer.

**Bleeding:** avoid taking blood thinners (painkillers such as ibuprofen or paracetamol are fine to take) and alcohol for the first two to three days. Bleeding may continue for about a week. If there is heavy bleeding, please contact us. Physical exertion can also cause bleeding.

**Sexual intercourse** should be avoided for the first 3-4 weeks (vulva) or at least 6 weeks (penis/scrotum) (other forms of contact with the area must be carefully and with washed hands). With piercings on the penis, condoms can lead to complications. No foreign body fluids should come into contact with the piercing. Stop as soon as it hurts.

**If unexpected symptoms occur**, e.g. severe swelling, jewellery that is too short and/or other discomfort, **please book a troubleshoot via our homepage immediately and briefly describe the problem**. On **Sunday and Monday**, you can reach us for **emergencies via Instagram**.

**Once the swelling has gone down, a more suitable piece of jewellery should be fitted (depending on the location).**

Jewellery changes should first be made in the studio!

We recommend that you wear jewellery all the time, even when the piercing has healed, as the canal can contract very quickly.

Please keep in mind that the healing times are a guideline and cannot guaranteed. Pressure, stress, hectic, poor nutrition & the wrong care can lead to longer healing times.

Healing Times in Months							
Vulva				Penis & Scrotum			
HCH	1.5-2	Inner Labia	2-3	Pubic	6	Prince Albert	2-3
VCH	2-2.5	Outer Labia	3-6	Dydoe	3-6	PA reverse	4-6
Triangle	3-4	Fourchette	2	Ampallang / Apadravya	6-8	Hafada / Guiche	3-4
				Frenum	2-4		