

BODY PIERCING AFTERCARE INSTRUCTIONS (Bridge, Eyebrow, Nipple, Navel, Christina, Surface, Dermal Anchor)

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 and hair away (e.g. mask straps, headphones, telephone, cap etc.)
- Keep all cosmetic products away (soap, hair dye, shampoo, make-up & make-up removal wipes, 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.

If a plaster has been used, it should be removed the following day and aftercare should be started. In the case of Dermal Anchors, remove the plaster after 24h and then change twice a day for the first two weeks. From the third week only wear a plaster to sleep.

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 may occur the **first two to three days** after piercing. Please avoid blood thinners such as blood thinning painkillers (e.g. aspirin) and the consumption of alcohol.

The painkillers ibuprofen and paracetamol do not pose a risk.

For nipple piercings, we recommend bras or top supports without lace and with a high cotton content. If you do not change your bra every day, get nursing pads and change them twice a day. Also make sure that you always place your breast in the bra or support so that the jewellery sits straight.

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**.

Please send us pictures of the piercing after **3-6 weeks** and we will give you feedback on the healing. It is very important that a more suitable piece of jewellery (not for Surface and Dermal Anchors) is inserted **after the swelling has gone down**. A bar that is **too long irritates the piercing canal** unnecessarily and can cause the angle to change.

You can find more information on this and how the pictures should look best on our website at en.nakedsteel-kassel.de/piercing-downsize.

We recommend that you wear jewellery all the time, even when the piercing has healed, as the canal can contract very quickly. Stress, tension and poor nutrition have a negative effect on the healing of a piercing. Drugs and excessive alcohol consumption should be avoided during the healing phase.

ABHEILUNGSZEITEN IN MONATEN				PFLASTERZEITEN			
Navel	9-12	Bridge	9-12	Navel	Until the next morning	Surface	Until the next morning
Nipple	9-12			Nipple	Until the next morning		
Surface	12-18	Christina	6-9	Dermal Anchor	Day 1– 14		min. 2x daily
Dermal Anchor	3-4	Eyebrow	2-4		Day 15–21		nights