

GENERAL AFTERCARE INSTRUCTIONS (for Earlobe & Septum)

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.
- For septum piercing: please do not use nasal sprays (Exceptions are pure sea salt nasal sprays).

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.

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 Octentisept, 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.

Earlobe piercings require a **shorter bar** after the swelling phase:

Please send us pictures (from the front and behind/side so the length of the bar is visible) by email or Instagram after three to six weeks. If the jewellery can be changed, we will give you a go ahead to book an appointment.

If it is not yet ready, update us again after two to three weeks.

It is imperative to change to a **shorter bar** once the **swelling is gone**. A bar that is **too long** means more movement in the piercing canal which **can prolong the healing process!**

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

Contact us if unexpected symptoms occur, such as:

- severe swelling
- severe pain
- small blisters (foreign body granulomas)
- jewellery too short/too tight

For emergencies that occur on **Sundays or Mondays**, please report via **Instagram**. We cannot guarantee email responses on weekends.

If you are unsure if you have a **problem**, please send us pictures of your piercing from all angles (via Instagram or email). Otherwise, book an appointment for problem treatment immediately via our homepage and briefly describe your concern in the booking.

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 not universal and. Pressure, stress, poor nutrition & the wrong care can lead to longer healing times.

Healing time: Septum: approx. three months // Earlobe: approx. four months