CARTILAGE PIERCING AFTERCARE INSTRUCTIONS (For Nostril & Ear Cartilage)

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.

Anything that puts pressure on your piercing will make it more difficult to heal and carries the risk of a foreign body granuloma or scarring. Cartilage piercings can change their angle!

- Do not sleep on the pierced side. Find a sleeping position that allows pressure-free rest. A stable neck pillow will help you get through the healing process safely.
- After shampooing: do not let wet hair dry on the piercing & do not wrap hair in a towel that covers the piercing.
- Jewellery must be worn continuously throughout the healing period.
- For Nostril: please do not use nasal sprays (exception: pure sea salt spray) and do not consume intoxicants nasally.

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.

Cartilage piercings need a **shorter bar** after the swelling phase (exception Daith):
Please send us pictures after 3-6 weeks (from the front and diagonally behind. Helix necessary after 3 weeks) by mail or Instagram. If the jewellery can be changed, we will give you a go ahead for booking the appointment. If it is not yet ready, update us again after 2-3 weeks.
It is urgent 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.

Healing time: All cartilage piercings approx. 12 months. Industrials need 12-18 months.
Only after complete healing will we insert a ring.
Please remember that healing times are not universal. If you do not follow the instructions, it may take longer.

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