



MYSTICAL
PROFESSIONAL BODY PIERCING

*Rue du marché aux poulets 28 at 1000 Brussels * 0032 2 223 49 58 * Open from 11AM to 6.30PM. Closed on Sunday.*

PLEASE READ CAREFULLY:

You are 16 years or older, if not, you must have the permission of your legal guardian. You also accept that the piercing was carried out under strict hygiene conditions. Like any wound, your piercing will heal naturally but you must also help this process. A healthy lifestyle, good sleep, a well balanced diet and avoiding recreational drugs that can affect your immune system are just as important as the following care guidelines. They are simple rules that help ensure perfect hygiene conditions during the healing process. This can take 6 weeks for a tongue piercing and from 10 to 12 weeks for other oral piercings. It is up to you now, to do everything possible to help the healing process and avoid infections.

CARING FOR NEW TONGUE PIERCINGS (THE FIRST TWO WEEKS):

*Every morning and evening, rinse your mouth for 30 seconds with an undiluted solution of **regular Lysterine** or a similar product. For the rest of the day, prepare a small bottle of the above product **diluted half and half with water** and carry it with you. Rinse your mouth every time you consume anything other than water (e.g. after eating, after smoking, after drinking a cola...). Take care because using the undiluted product too much can cause the tongue to burn and also strip away natural bacteria (white tongue)*

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Your tongue will begin to swell considerably a couple of hours after the piercing procedure. This can last up to 3 and 5 days. This inflammatory reaction is perfectly normal. The lymphatic ganglia may become sore and give a vague sensation similar to an angina. Take a painkiller, like Dafalgan, if the pain seems excessive to you. Taking painkillers should be done in moderation and only if you have no allergies to them.

Do try and eat properly even though it might seem difficult. Very hot food, spicy dishes and acidic drinks should all be avoided. Try eating simple food like mashed potato, minced burgers, soup, rice or pasta...

To help reduce swelling of the tongue in the first 36 hours after getting your piercing we recommend that you place ice cubes on your tongue and allow them to melt completely and try eating very cold food (e.g. ice cream) as much as possible.

Try not to talk too much for the first 48 hours – this helps prevent irritating your new piercing. Under no circumstances should you play with the piercing.

To prevent excessive swelling of the tongue you should avoid taking any alcohol or drugs for the first 8 days. It is for this reason too that you should reduce your intake of nicotine, coffee or strong tea.

During the first month, you must avoid kissing (where there is an exchange of saliva) as well as oral sex to help you remain in good health.

Finally, to avoid infection caused by harmful bacteria: use a new toothbrush, don't bite your nails, chew pens or drink from cans.

For your comfort, after a month, you can replace the barbell with a shorter one, or if you like, something a little more elaborate. We will be very happy to show you how to proceed.

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CARING FOR ORAL PIERCINGS (E.G LABRET, MADONNA, LIPRING):

Inside part of piercing: For 2 weeks, rinse your mouth with **regular Lysterine** three times a day after eating.

Outside part of piercing: For 3 weeks, apply a **drop** of a mild disinfectant twice a day. Use a product like **Cédium**, **DermaSpray** or **Diaseptil** - all available from your chemist without prescription.

Clean your hands carefully before touching the piercing. After showering, dry the pierced area using a cotton bud. Try avoiding using any greasy creams or make-up around the piercing.

At first we use an overlong piece of jewellery on purpose because the area around the lips swells slightly. Afterwards we strongly recommend that you replace this with a shorter piece of jewellery to avoid premature damage to your gums.

In the week after the piercing you may notice a slight redness on the exterior or a slight irritation. This is normal and should not worry you. Your piercing should only be removed when you have to change the jewellery. Removing it even for short periods can cause it to close up in a few hours. Finally, if you have any doubts, please contact us. There's no such thing as a stupid question and it's free.