

### **PLEASE READ CAREFULLY:**

You are 16 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 which is generally long and varies in time from one person to another. A little redness or a slight irritation in the week following the piercing should not worry you. It is up to you now, to do everything possible to help the healing process and avoid infections.

#### **CARE TO TAKE EVERY MORNING AND EVENING FOR THE FIRST MONTH:**

- ❑ Wash your hands carefully before touching the piercing (dirty hands are the first cause of infection)
- ❑ After showering using a PH neutral soap, delicately clean the jewellery (**without removing it**) to eliminate any dirt or secretion. To do so, use a cotton bud and clean water or physiological serum. Rinse well, then dry carefully, using a new cotton bud. Don't scratch any crusts on the skin, they protect you from external infections. Even though the jewellery can move and rotate, do not play with it. In fact, you shouldn't touch it at all, except when you clean it.
- ❑ Apply **one drop** of a mild disinfectant on each side of the piercing. You can use products such as **Cedium**, **Dermaspray**, or **Diaseptil**, all on sale at your chemist without prescription. Do not use these products for more than a month because your body could develop a resistance to them, or even a hypersensitivity. Note that treating your piercing more than twice a day is not recommended either because you can irritate the piercing which slows down the healing process.
- ❑ After the first month you can start using an anti-bacterial soap to clean the jewellery and the piercing. Do not forget to **rinse thoroughly** and to **dry the piercing carefully** with a clean cotton bud after you have showered or bathed.

#### **IRRITATIONS:**

- ❑ For the first two weeks, before the evening treatment, it is recommended to bathe the piercing for ten minutes with lukewarm water mixed with a tea spoon of sea salt. Use a clean small glass, fill it half way, and turn it over the piercing (like a bell). If this system is not convenient use a cotton ball dipped in the warm salt water solution.
- ❑ Later, if you see any redness or experience a slight pain, simply bathe the piercing with warm salt water, twice a day, for 3 to 4 days. The symptoms should disappear rapidly.

#### **INFECTION:**

- ❑ If the symptoms last, get worse or if you see a severe redness, a large swelling, an abnormally high temperature, or even a secretion of pus around the piercing you may have the start of an infection. This is not the end of your piercing. **Do not remove the jewellery**, in fact it helps to drain the fluids out. An antibiotic cream correctly applied (instead of the mild disinfectants mentioned above) should get rid of the infection easily within 10 days.

#### **ALLERGY:**

- ❑ To prevent any risks of allergy we only use specific body piercing material. Allergic reactions are often due to the products used in the post-piercing care. Very rarely, an allergy to surgical steel can occur, in this case you should choose jewellery made from titanium or Teflon.

#### **REJECTION:**

- ❑ Very rarely the piercing may be rejected by the body even if you have taken all precautions and care.
- ❑ Your skin should keep the same suppleness and texture as before the piercing. Try not to irritate or even burn the skin by using a strong disinfectant like medicinal alcohol or peroxide. Do not use any disinfectant for a long period of time or use it more than twice a day. Very heavy or very large jewels should not be worn for more than a few days consecutively.
- ❑ Avoid bumping or catching the piercing when undressing or while playing sport.
- ❑ Specifically for navel piercing: avoid restricting the area with belts, tight pants (jeans, leather, or any heavy fabric).

#### **PLEASE NOTE:**

- ❑ For the first 2 weeks, shower instead of taking a bath. If this is not possible, make sure the bath tub is kept perfectly clean.
- ❑ Clean bed sheets are also recommended (especially if you have pets), and of course same thing for any clothes in contact with your piercing.
- ❑ During the first month, avoid bathing in public swimming pools, Jacuzzis, lakes or any dirty or murky water, e.g. in ports or marinas. If this cannot be avoided, ask your chemist for water-proof bandages. Sea water is normally safe but watch out for the sand. It can penetrate and irritate the piercing easily.
- ❑ Your piercing needs air to heal well, try not to cover it with bandages, make up or oily unguents and sun cream.
- ❑ Keep the initial jewellery in place as long as possible, your piercing should not be removed for a couple of months. (2 months minimum, 3 months even better!).
- ❑ Apart from changing the jewellery, it should not be removed, even for a short period of time, or the piercing might close up rapidly (within a few hours sometimes) If you have to remove temporarily the piercing (e.g. : X-ray,...) contact us.
- ❑ For facial piercings, if you notice an excessive swelling in the morning, remember to keep your head higher than your heart when sleeping.
- ❑ Check from time to time that the jewellery is not partially unscrewed. (to screw it tight, turn to the right!)
- ❑ And last, but not least, be very careful with the so called "good" advice from friends. What works for them might not work for you at all. If you have any doubts, please just ask us, there is no such thing as a stupid question. And it's free !!!