



# MYSTICAL BODIES

PIERCING & TATTOO SINCE 1999

Rue Auguste Orst 13, 1000 Bruxelles

Tel +32 2 223 49 58 / [info@mysticalbodies.com](mailto:info@mysticalbodies.com) / [www.mysticalbodies.com](http://www.mysticalbodies.com)

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## Aftercare Septum piercing

You have noticed that your piercing has been performed in compliance with strict hygiene rules. Know that your piercing heals the same way as any other wound, especially thanks to your body's natural functioning. Always handle it as hygienically as possible. To promote optimal healing, make sure you get a good night's sleep, eat a balanced diet, and avoid recreational drugs, which can weaken your immune system. These habits are just as crucial as piercing care, as they create the ideal conditions for healing. A septum piercing takes about 6 to 8 weeks to heal. Now it's up to you to take the necessary steps to allow your piercing to heal quickly and infection-free

### During 4 weeks:

#### Use our Saline spray:

Spray once on each nostril, directly on the piercing area. It does not need to be rinsed off. Use the spray twice a day, in the morning and in the evening. Always wash and disinfect your hands before touching your piercing (do not touch unnecessarily to avoid infection!). You can also use Stérimar, available in pharmacies.

#### Tips for taking care of a septum piercing

- **Avoid touching** : Touch your piercing as little as possible and do not twist or move the jewelry unnecessarily.
- **No makeup** : Avoid applying makeup or creams near the piercing.
- **No swimming** : Avoid swimming pools, hot tubs, steam room, sauna, solariums,.... and natural waters such as lakes until the piercing is completely healed. Bathing in the sea is not a problem it's even good for healing.
- **Watch for symptoms of infection** : Look for signs of infection such as redness, swelling, pus, or increased pain. If you suspect an infection, it's important to take immediate action. Visit us for advice. In the event of a serious infection, consult a doctor who can prescribe oral antibiotics for appropriate treatment.
- **Healthy lifestyle** : Get enough sleep, eat healthy, and avoid stress to keep your immune system strong.

#### When can you replace your jewelry?

For a septum piercing it is recommended to wait at least 2 months (3 months is better), unless there is still redness, swelling, pain or discharge. The healing time for a septum piercing is usually between 3 and 4 months, but this can vary depending on your body and how well you follow the aftercare instructions.

#### Jewelry Replacement Guidelines:

- **Hygiene** : If you choose to replace the jewelry yourself, make sure that your hands and the new jewelry are completely clean and disinfected to avoid contamination.
- **Suitable jewelry** : Choose jewelry that is suitable for septum piercings and is made of hypoallergenic materials such as surgical steel, titanium, or bioplast.
- **Caution** : Be careful when changing so as not to irritate or damage the piercing.

#### Some important tips:

Shower instead of bathing for the first 15 days. If you're using a tub, 15 days after the getting the piercing done, make sure it's clean. Sleep in clean sheets, especially if pets are present, and make sure your clothes don't rub against your piercing. Avoid swimming pools, jacuzzi, ponds, lakes, saunas, steam rooms, solariums, hammams, ... for the first month for hygienic reasons. Seawater is generally safe, but beware of sand that can irritate the pierced area. Removing the piercing, even if only temporarily, can cause it to close quickly. If you have excessive swelling on your face in the morning, remember to raise your head higher than your heart. Regularly check that your jewelry is not partially loose (tighten to the right if necessary). Be careful with the advice you get from your friends, as what works for them may not be suitable for your particular case. If you have any doubts, do not hesitate to contact us. There are no stupid questions, and our support is free.

**IMPORTANT** : If you have any problems with your piercing, please come back to us for a free check-up. Other studios may assess the issue differently. However, we guarantee you fair and reliable aftercare.