



**AFTERCARE INSTRUCTIONS FOR PIERCINGS
INFORMATION ABOUT THE RISKS OF PIERCINGS
INDICATION OF THE HEALING TIME OF PIERCINGS**

www.piercingsworks.com

Reguliersbreestraat 46
1017CN, Amsterdam, Nederland
+31 (0) 20 4282049

BASIC AFTERCARE INSTRUCTIONS FOR PIERCINGS

General aftercare instructions for piercings (ear, nose, navel, nipple, surface):

- Use an anti bacterial soap in the shower
 - Rinse well to get rid of any soap residue! This is to prevent any infections
 - Use a saline soak daily: immerse a cotton ball, tissue or piece of gauze in the solution. Make sure that the back and frontside of the piercing are covered with the saline soak for at least 15 minutes. Use the saline soak for a minimum of 6 weeks or as long as your piercing is not healed. When you feel that the piercing is healing and taken care of, you can do this for a shorter amount of time until it's fully healed. If your piercing does not seem to be healing as fast, you can add more salt to the solution and leave it on for longer.
 - Avoid any pressure on the pierced area. Consider adjusting the way you sleep and be careful when wearing helmets, tight clothing etc. If there is a chance that your earbuds or headphones will come in contact with the piercing, you can disinfect these with 70% alcohol.
 - Make sure to rid your piercing of any dirt that might get stuck behind your piercing ball or the backside of the piercing. Do this at least once a week. This can easily be done by using a cotton stick drenched in saline solution. It's important to keep these areas clean as this is where bacteria easily builds up.
 - If your piercing is red and/or swollen or if any pus comes out of the wound, we recommend using **AphraHeals**. This remedy has been proven to successfully treat infections.
- **Your piercing is healed when:**
 - The skin around the piercing is the same color as the rest of your skin.
 - The openings of your piercing look healthy.
 - You don't experience any pain when you move the piercing.
 - The piercing is not swollen.
 - There is no pus or fluid coming out of the piercing.
 - There are no scabs.

For nipple piercings, it is important to consider the following: When you choose to have a nipple piercing, your nipple will most likely get bigger and in most cases, it will stick out and be more sensitive. This is usually permanent. The nipple will most likely also be more sensitive before your menstrual cycle.

It goes without saying that you are more than welcome to come back to the studio and ask your piercing artist any questions you might have.

AFTERCARE INSTRUCTIONS FOR PIERCINGS

The healing time of a piercing depends on the type of piercing and may also vary per person. Good health and a strong immune system are important. Good personal hygiene is a must during the healing period. Directly after being pierced, the tissue and skin around the piercing may feel and look bruised. If you are wearing a barbel or ring that is too short or too narrow, the chances of complications or infections are significantly higher. During the healing period the barbel or ring needs to have enough space and should not fit too tightly or too loose. The piercing must be viewed as a wound and be treated as such.

To ensure proper and fast healing of your piercing it's important to stick to the following rules:

- 1) Try not to touch the piercing with your hands and make sure they are clean if you do.
- 2) Clean the area of the wound twice a day, using a gentle fragrance free soap until the wound is completely healed.
- 3) After cleaning; dry the surrounding area of the wound with a towel or a clean paper towel.
- 4) Keep the piercing dry after cleaning.

- 5) Do not apply any creams or lotions on the wound.
 - 6) Do not use any disinfectants, like Sterilon or Betadine on the wound.
 - 7) Do not cover the piercing with a band-aid, unless necessary during physical activity.
 - 8) If you have a body piercing (like a nipple or navel piercing) do not wear any tight or dirty clothes.
 - 9) During healing, avoid all swimming or pool activities (chlorine pools, natural waters, bubblebaths etc.) Do not use a steam cabin.
 - 10) Never remove the piercing jewelry by yourself. Always contact your doctor when the following occurs: extreme redness or swelling of the skin, pus, extreme pain, bleeding, overgrowth or rejection of the piercing by the body.
- Specific instructions for oral piercings:
- 11) A tongue or lip-piercing (or other piercing in the mouth) needs extra attention after eating, drinking or other forms of oral contact. Brush your teeth regularly (keep the teeth and mouth free of plaque, for example; by using a sea salt toothpaste) and use a sea salt soak or mouthwash.
 - 12) Avoid kissing and other forms of oral contact during the healing period.
- Specific instructions for intimate piercings:
- 13) Intimate piercings around the urethra (urinary bladder) requires extra care. Soap inside the urethra can cause infections of the bladder. By drinking a glass of water one hour before cleaning the piercing soap inside the urethra will be secreted through urinating.
 - 14) Intimate piercings need extra care and protection during sexual activities (you can use an extra thick condom that's used for anal-sex). It's not recommended to engage in any sexual activity during the healing of an intimate piercing.

INFORMATION ABOUT THE RISKS OF PIERCINGS

You're planning to get a piercing.

The GGD (National Health Service) deems it important to inform yourself first, about several possible risks. The placing of a piercing is a treatment which pierces the skin. By following the appropriate guidelines and use of proper equipment, you will avoid contracting diseases that can be transmitted by blood, such as: Hepatitis B and C.

Improper care and unhygienic treatment (by both yourself and the piercer) can cause harmful wound infections and cause your piercing to heal in an unattractive way. Under the age of 16, a piercing is only allowed if a legal caretaker is present. Before getting pierced, you'll be asked to fill in a form of approval (and consent signed by your legal guardian). In this form there will be some questions asked about your general health.

You fill out this form to ensure your own safety. If you're under the age of 16, then your legal guardian will have to sign this form and identify themselves.

The form of approval remains property of the piercer and the content of the form will be treated with respect and discretion.

Placing of a piercing

Before placing a piercing the skin will be cleaned and some disinfectant will be applied. The placing of a piercing must be done sterile. This means that the needle and the jewelry must be packaged in sterile packaging and may not be touched by bare hands. The piercer wears gloves that have been disinfected with alcohol (70% / 80%) in advance. The placing of the piercing may hurt for a short while. A piercing artist is not allowed to use anesthetics without the presence of a doctor.

Taking care of a piercing

A recently placed piercing can be compared with a deep flesh wound. It's very important that you take good care of your piercing. You'll receive aftercare instructions and written instructions as well. These instructions will contain information like; consult a doctor in case of serious complaints (red skin, bruises, pus). The wound that is caused by the piercing requires time and care to heal. The healing of a piercing wound may sometimes take a long time (from 4 weeks to 9 months) to heal. Some people will have scar tissue caused by a piercing. It is possible that a piercing wound will look unattractive after healing of an infection. Some piercings may cause reactions and lead to possible uncomfortable consequences due to aging of the skin.

YOUR HEALTH

If you suffer from one of the following conditions or symptoms, the GGD (National Health Services) advised against getting pierced:

- diabetes
- hemophilia
- metal sensitivities or allergies
- autoimmune disease
- cardiovascular disease
- with the use of blood thinners
- any area where radio-therapy or plastic surgery was done
- on areas of the body where you have dark spots, beauty-spots, bruises, or other forms of irritation

A recently placed piercing will usually be more sensitive or cause more pain during the first few days. After this the pain should go away. If this is not the case; a doctor should be contacted. Do not remove the piercing jewelry before a doctor has looked at it. During the healing period, the piercing should not be removed unless there's an allergic reaction. This is to avoid overgrowth and minimize any risk of infections.

INDICATION OF THE HEALING TIME OF PIERCINGS

TYPE	TIME FRAME
Earlobe	6 - 9 weeks
Ear cartilage	3 - 9 months
Nose (nosewings and nose cartilage)	7 - 9 weeks
Lip	7 - 9 weeks
Eyebrow	6 - 8 weeks
Earl	9 - 12 weeks
Tongue	4 - 6 weeks
Navel	6 - 9 months
Nipple	3 - 9 months
Fourchette	3 - 9 months
Clitoris-hood	4 - 6 weeks
Inner intimate-lip	4 - 6 weeks
Outside intimate-lip	4 - 6 weeks
Frenum / dolphin	6 - 8 weeks
Foreskin	6 - 8 weeks
Hafada	6 - 8 weeks
Dydoe / Pubis	3 - 6 months
Guiche	3 - 6 months
Ampallang	3 - 6 months
Prince albert	4 - 6 weeks
Apadravya	3 - 6 months