



AFTERCARE INSTRUCTIONS FOR PIERCINGS INFORMATION ABOUT THE RISKS OF PIERCING

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AFTERCARE INSTRUCTIONS FOR PIERCING

When getting a piercing, a deep wound is created. This wound needs time to heal. How quickly the wound heals depends on the location of the piercing, which metal was used, how skilled the piercer is, and how well you take care of the piercing. The piercer has told you how long it usually takes for your piercing to heal.

Wash the piercing (except for a tongue, lip, or mouth piercing) with lukewarm water. Then carefully dry the piercing with a clean towel or tissue. Try to keep the piercing as dry as possible for the rest of the day.

During healing, pay attention to the following:

- Touch the piercing as little as possible.
- Ointments, sprays, lotions, or other products are not needed. Do not use disinfectant, unless the doctor tells you to.
- Make sure no hairspray, gel, or other cosmetics get on the piercing.
- Do not put a plaster on the piercing. Only during sports may you temporarily use a plaster to protect the piercing.
- Do not wear tight or dirty clothing over the piercing.
- Do not go to hot tubs, swimming pools, saunas, or steam baths.
- Never remove the piercing from your body yourself.

Pay attention with a piercing in the mouth:

- Wait with kissing and oral sex until the piercing has healed.
- Brush your teeth twice a day. If you want to rinse your mouth, use mouthwash with chlorhexidine.

Pay attention with a genital piercing:

- During sex, always use an extra strong condom (for example a condom for anal sex) or a dental dam. It is better not to have sex as long as the piercing has not yet healed.

Please note: The skin around your piercing may become red and swollen after getting it. This is normal.

Contact your general practitioner if you:

- are worried about the healing of the piercing.
- become ill or get a fever in the first few days after getting it done.
- still have itching or redness two days after getting it done.
- get new complaints one day after getting it done, or if the complaints get worse.

AFTERCARE INSTRUCTIONS FOR EAR / NOSTRIL PIERCING

When getting a piercing, a deep wound is created. This wound needs time to heal. How quickly the wound heals depends on the location of the piercing, which metal was used, how skilled the piercer is, and how well you take care of the piercing. The piercer has told you how long it usually takes for your piercing to heal.

Wash the piercing with lukewarm water. Then carefully dry the piercing with a clean towel or tissue. Try to keep the piercing as dry as possible for the rest of the day.

During healing, pay attention to the following:

- Touch the piercing as little as possible;
- Ointments, sprays, lotions, or other products are not needed. Do not use disinfectant, unless the doctor tells you to;
- Make sure no hairspray, gel, or other cosmetics get on the piercing;

- Do not put a plaster over the piercing. Only during sports may you temporarily use a plaster to protect the piercing;
- Do not wear tight or dirty clothing over the piercing;
- Do not go to hot tubs, swimming pools, saunas, or steam baths;
- Never remove the piercing from your body yourself.

Please note: The skin around your piercing may become red and swollen after getting it. This is normal.

Contact your general practitioner if you:

- are worried about the healing of the piercing.
- become ill or get a fever in the first few days after getting it done.
- still have itching or redness two days after getting it done.
- get new complaints one day after getting it done, or if the complaints get worse.

INFORMATION ABOUT THE RISKS OF PIERCING

Getting a piercing is not without risks. Make sure you are well rested and have eaten before getting a piercing. Always tell the piercer if you use medication, have skin problems or allergies, or if you suffer from epilepsy or other sensitivities.

Always check on veiligtaoereerenpiercen.nl whether the piercing studio has a permit. This way you know that the studio works safely and according to the rules.

Do not get a piercing if you:

- have had surgery or radiation on that spot in the past year;
- had a piercing done on that spot less than three months ago;
- have irritated skin on that spot, for example with bumps, dark moles, or swelling;
- have used alcohol or drugs;
- are pregnant.

Piercing is discouraged if you:

- have diabetes;
- have a blood disorder (such as hemophilia);
- have a chronic skin condition;
- are allergic to the material of the piercing;
- have a problem with your immune system;
- have heart or vascular problems.

If you use blood thinners or antibiotics, or if you have one of the conditions listed above and still want a piercing, consult a doctor first. Do you want to know more about these risks? Then visit veiligtaoereerenpiercen.nl

How is a piercing done?

Getting a piercing creates a wound. Because of this, you can get diseases that are transmitted through blood, such as hepatitis B and C. Therefore, always check whether the piercer works hygienically. This is important to prevent your wound from becoming infected.

Make sure that:

- Your skin is cleaned and disinfected before piercing;
- The needle and the piercing are clean (sterile) and are not touched with bare hands;
- The piercer wears gloves during the procedure.

Getting a piercing can hurt. Do you want anaesthesia? Then discuss this with your doctor.

Aftercare

A new piercing is a deep wound. If you do not care for the wound properly, you may get an infection or scars. The piercer explains how to care for the piercing. You will also receive these instructions on paper. Read the instructions carefully.

Take good care of the piercing. The piercer has told you how long it takes on average for your piercing to heal.