

Piercings - Directions for care

For piercings of the ear cartilage, earlobe, nose, labret, nipple, navel areas and any kind of surface piercings:

Use Octenisept or Pegacare (spray bottle) on the pierced area (note reaction times), if needed remove any crusting with a cotton swab and move the jewelry back and forth after spraying again into the hole (use only a cotton swab, not your fingers). Spray the area 3 times daily in the first 3-4 weeks and 1-2 times daily in the 5th and 6th weeks (as needed).

For the first 14 days, avoid:

Solarium, saunas, steam baths, swimming pools, bathtubs and any kind of sports which could impact the pierced area in any way. For labret piercings, Madonnas and Medusas, avoid hard alcoholic drinks. (Beer and wine are allowed in moderation)

For piercings in intimate areas:

Use Octenisept and avoid any kind of sexual activity until the pierced area is completely healed!

For piercings in the mouth (such as the tongue) or lip frenulum:

Rinse mouth with Listerine (antibacterial mouthwash), 3 times daily (optimally after meals). A possible side effect of Listerine is a coating on the tongue (white, yellow, brown)

Avoid for the first 10 days:

Alcohol, milk or dairy products, citrus fruits and juices, spicy or very hot meals, and smoke as little as possible

UNDER NO CIRCUMSTANCES should you use the following as a primary piercing disinfection:

- Disinfection solutions containing alcohol – Betaisodona salve
- Saline solution – hydrogen peroxide
- Essential oils (due to possible allergies) - antiseptics

Possible side effects from piercings:

- Reddening, swelling – wound secretion
- Slight bleeding (in first 14 days) - discomfort
- Coating on the tongue – new formations on the tongue (Uvula piercing)

