

AFTERCARE INSTRUCTIONS GENERAL (LOBES, SEPTUM)

- pay attention to cleanliness in the pierced area
- a fresh piercing may not be touched with unwashed fingers
- avoid turning, pulling, pushing back and forth, etc. the jewelry
- wear a fresh mask, which doesn't press on your piercing (for lobes, no elastics behind the ear, maskholder!)

Your piercing is not a toy!

- hold all cosmetic products far away (hair color, shampoo, bodylotion, sun blocker, make-up and make-up wipes, perfume,...)
- the jewelry must be worn continuously during the entire healing phase
- make sure that your piercing is always safe and calm

Keep everything away from your piercing for the first day.

Aftercare from the next morning on:

- wash your hands thoroughly
- **twice a day** you should rinse the pierced area with clear tap water and clean if necessary (stubborn deposits, encrustations or other impurities) with a mild pH neutral soap (e.g.: Sebamed, Eubos, pH Eucerin)
- dry the area with a clean gauze
- take a clean gauze and wet it with saline solution spray or a medical saline solution (pharmacy)
- put the moistened gauze on your piercing for min. 5- max. 10 minutes
- finally you should dry the pierced area with a clean gauze

Tip: saline solution baths

- instead of the soaked gauzes, you take a small cup, fill it with saline solution and put it over your piercing. Here you should keep between 5-10 minutes and dry the area at the end also.

Please do not use disinfectants or ointments and never use several care or disinfectants at the same time!

We do NOT recommend disinfection, as it kills the body's own important bacteria and flushes the newly formed cells out of the wound, slowing down the healing process.

For septum piercing: please do not use nasal sprays! (Exception are pure sea salt nasal sprays)

For at least six weeks don't go to sauna, solarium, swimming pools, lakes, sea and full baths.

Do not take alcohol or blood-thinning drugs (e.g. Aspirin, ASS Ratiopharm) for at least the first three or four days. The painkillers ibuprofen and paracetamol (Benuron, Paracetamol Ratiopharm) do not pose a risk.

If you have pets, change your sheets and make sure that your pet does not come into contact with your sleeping places and piercing.

Please **book an appointment for problem solving via our homepage** immediately and describe your request briefly in your booking!

For **emergencies** that occur on **Sundays or Mondays**, please report **via Instagram or Facebook!**

earlobes: We do **controls via online contact**. Send us pictures from all sides (front and diagonal back) of your piercing to **info@nakedsteel.de**. So we can give you a **feedback about the healing**.

It is **urgently necessary** to change to a **shorter stud as soon as the swelling is gone**. A **too long stud** means more movement in the canalculus and **prolongs the healing!**

We recommend that you wear jewelry throughout, even with healed piercing, as the canal can contract very quickly.

Please keep in mind that the healing times are not generally valid. Pressure, stress, hustle and bustle, poor diet & improper care can lead to longer healing times.

Septum and lobes: around 10- 14 weeks