

AFTERCARE INSTRUCTIONS INTIMATE

- 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

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
- no exchange with foreign body fluids (saliva, sperm, blood)

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.

Since Urine has a healing effect, it is recommended to drink a lot when piercings come into contact with urine. In general, drinking enough water supports wound healing.

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.

To avoid:

During the first **__ weeks** sexual intercourse should be avoided; during the following **__ weeks** a condom should be used, even in monogamous relationships. Stop if it hurts.

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

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.

During at least the next six to eight weeks no visit to saunas, swimming pools, solariums and lakes. We also advise against bathing in bathtubs.

Avoid direct pressure on the piercing e.g. by too close clothing. Also do without lace underwear at first and use some with a high cotton content.

If unexpected symptoms appear, e.g. strong swelling, too short jewelry and / or other inconveniences, **please book a troubleshoot on our website and describe your problem.** For **emergencies on Saturday and Monday**, you can reach us **via Instagram and facebook.**

After the swelling is gone, (on most areas) you need a better fitting jewellery. In the healing time, don't change the jewellery by yourself!

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

Please consider that the healing times are not generally valid. Pressure loads, stress, hectic, bad nutrition & the wrong care can lead to longer healing times.

healing time in month						
female anatomy				male anatomy		
KVH	1-2	inner Labia	2-3	Pubic	6	Prinz Albert
KVV	1-2	outer Labia	3-6	Dydoe	3-6	PA reverse
Triangle	2-3	Fourchette	2	Ampallang	6-8	Hafada
				Apadravya	6-8	Guiche