

## AFTERCARE INSTRUCTION BODY PIERCING (Nipple, Navel, Christina, Surface, Dermal Anchor)

- 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

### 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.

**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. Use only saline solution, nothing else!

**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 a patch has been used**, take a look below for the duration of wearing.

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

**Avoid direct pressure** on the piercing by e.g. bra, belt, sleep stress or similar. Sleeping on your belly should be avoided, may a side sleeper cushion could be helpful.

**For nipple piercings** we recommend bras without lace with a high cotton content. If you don't change your bras daily, get nursing pads that you change twice a day. Also make sure that you always place your breast in the bra so that the jewelry is straight, otherwise the nipple can rotate due to the pressure and your piercing becomes crooked.

If **unexpected symptoms occur**, strong swelling, too short jewelry or pus, please **book an appointment for problem treatment immediately**. On **Sundays and Mondays** you can reach us in an **emergency via Instagram or Facebook**.

**Depending on your position**, we ask you to send us **pictures after three weeks to info@nakedsteel.de for checking**. We will then give you feedback on the healing. It is very important that a **more suitable piece of jewellery** (not for Surface and Dermal Anchor) **is used after the swelling is gone. A stud that is too long unnecessarily irritates the canaliculus and can even move it!**

**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.**

healing times in month				patch / bandage times		
Belly button	6-10	Bridge	6-9	Belly button	Only until the first morning	Surface
nipple female	6-12	nipple male	6-9	Nipple female	Only until the first morning	Nipple male
Surface	12-18	Christina	6-9	Dermal Anchor	1. – 14. Tag	
Dermal Anchor	3-4	Eyebrow	2-4		15. – 21. Tag	