

AFTERCARE INSTRUCTION CARTILAGE PIERCING (EAR AND NOSTRIL)

- 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
- pay attention to a clean mask, which does not press on your piercing (ear: maskholder/hairpin, nostril: spacer)

Your piercing is not a toy!

- on hair coloring should also be renounced at least four weeks
- please wear long hair for at least four weeks in the ponytail or put it away from the ear with clasps
- please do not wrap a towel turban after washing your hair
- please use the other ear to make a phone call and clean your temples on the glasses regularly
- do not use headphones that strain the ear area until healing is complete
- don't wear a helmet and everything that's on your ear
- don't sleep on the pierced side

Anything that puts pressure on your piercing will make the healing process more difficult and may cause a granuloma or hypertrophic scar.

- please change your pillowcase once a week until it heals
- keep away all cosmetic products (hair color, shampoo, make-up and make-up wipes, perfume,...)
- the jewelry must be worn continuously during the entire healing time
- make sure that your piercing is always safe, clean and calm
- nostril piercing: please do not use nasal sprays! (Exception are pure sea salt nasal sprays)

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 also should keep between 5-10 minutes and dry the area at the end

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 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.

While sleeping movements just happen. For this reason it is important to find sleeping positions that allow a pressure-free recovery. A pleasant and stable neck pillow for sleeping is sometimes the best solution.

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

If unexpected symptoms occur, strong swelling, too short jewelry or pus, please **book a troubleshooting** via the homepage & explain the problem briefly!

On **Sundays and Mondays** you can reach us in an emergency via **Instagram or Facebook!**

Please send us pictures from **all angles of your piercing after three weeks** to info@nakedsteel.de.

It is urgently necessary to insert a **shorter stud after the swelling** has gone down. A **too long bar irritates the piercing canal unnecessarily** and can even **move it!**

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

Healing times in months	Tragus	4 - 8	Helix / Scapha	6 - 12	Conch	9 - 12
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.	Daith	9 - 12	Anti-Tragus	4 - 9	Rook	9 - 12
	Industrial	10 - 14	Snug	9 - 12	Nostril	6 - 12