



DARE2WEAR  
PROFESSIONAL PIERCING

# AFTERCARE



CLASSIC  
INK & MODS

## CONGRATULATIONS ON YOUR NEW PIERCING!

It's important to consider that a piercing is like a fresh wound and should be treated as such. Like any other wound, they need to be cleaned properly to avoid infection. It's important that you always follow the advice of the piercer when it comes to aftercare! Time and rest are also very important to ensure proper healing. That's why we ask you to **never** touch your piercing! The only time you can come close is during the cleaning of the piercing and even then it's important you don't touch it directly and that you always wash your hands before. On this page you'll find the most important information about cleaning and aftercare.

### PIERCINGS ON THE FACE AND BODY

- Wash your piercings once or twice a day with a mild, perfume-free soap. Make the soap foam in your (clean!) hands and gently drip the foam on your piercing (front and back/left and right). Let it soak for at least 1-3 minutes.
- Rinse of the soap with water (not too hot!). You may have soaked off some scabs too, this is no problem. However: scabs that are still attached to your skin are not to be removed!
- Carefully dry all sides of the piercing with a piece of gauze or some paper towel. Don't use cotton swabs or other fluffy material!
- Keep the piercing dry and clean.

### GENITAL PIERCINGS

- Drink a glass of water roughly one hour before you plan to clean your piercing. This enables you to pee out any soap residue, which prevents soap in the urethra and UTIs.
- Follow the instructions above.
- It's normal for this type of piercing to bleed a bit during the first few days.
- Do not engage in sexual intercourse during the first week, but preferably during the full healing period. Also avoid any sexual activity around the area that was pierced.
- Keep protecting the piercing after the initial healing period by using (extra thick) condoms or dental dams.

### ORAL PIERCINGS - INTERNAL

*TONG(-WEB), LIP, SMILEY, ETC.*

- Rinse your mouth with a mixture of 50% alcohol-free mouthwash and 50% demineralized water after every time you drink/eat/smoke.
- Try to limit this to six times a day; cluster the moments when you eat or drink rather than snacking throughout the day.
- Don't drink alcohol or do drugs for at least three days after getting pierced.
- Clean the external part of your piercing as per the directions to the left.
- General oral hygiene is important! Brush your teeth carefully but thoroughly, preferably with a toothpaste with a saline solution base.
- Absolutely no oral sexual activities during the healing period. This includes kissing!



## PERSONAL HYGIENE

- Be aware of cross-contamination. For example: Don't touch your hair/glasses/face before touching your piercing.
- Make sure your nails are clean, especially when you have long nails.
- Avoid swimming pools/chlorine water, steam baths and saunas for at least eight weeks.
- Avoid wearing dirty, tight or synthetic clothes over your new piercing.
- Do not switch jewelry until your piercing is fully healed. Piercings may feel seem of feel healed before this is actually the case. Always come by to ask the opinion of a piercer before you change your jewelry.
- Avoid kissing or other forms of oral contact on or around the piercing until it's fully healed.
- Cleaning too much or too thoroughly can cause issues. Always follow your piercers instructions!
- If you're worried about the state of your piercing, always come by and do not remove the jewelry yourself! If the piercing is infected, removing the jewelry can cause the skin to close and lock the infection inside your body.

## TIPS

- We recommend sleeping on a thicker pillow for the first days after getting an ear or facial piercing. Having the head higher than the body reduces swelling.
- For ear piercings we recommend putting a big clip in your hair on the side of your piercing. This will prevent you from rolling onto that side of the head in your sleep.
- Regularly change your bedding, especially if you have pets sleeping with you.
- Always come see us if something feels wrong, do not follow advice off the internet!
- For ear piercings, be careful with picking up phones, head- or earphones, putting on/taking off t-shirts and brushing your hair. Also make sure to inform your hairdresser at the start of your appointment!

## HEALING PERIOD

Times listed below are estimates. Always come by for a check-up to ensure that your piercing is fully healed!

Tongue/lip frenum	3-6 weeks
Clithood/inner labia/frenum/PA	3-6 weeks
Lobe/eyebrow	6-8 weeks
Nostril/septum	8-12 weeks
Lip/eskimo	2-6 months
Outer labia/triangle/guiche/dydoe	3-6 months
Ampallang/apadravya	3-9 months
F. helix/(anti-)tragus/industrial/conch	3-12 months
Nipple	3-12 months
Navel	4-9 months

## WHAT NOT TO USE

- Never apply chlorhexidine, rubbing alcohol, Betadine, creames, etc. on your piercing unless instructed otherwise by your piercer or a medical professional. Your body is perfectly capable of healing itself, provided that you follow the recommended aftercare.
- Do not wear plaster or bandages over your piercing. It needs air in order to heal, just like normal wounds.
- If you experience any issues, do not experiment with tea tree oil, zinc ointment or other substances that were not recommended by us or by a medical professional.

## STRUCT

- Come by for a check-up after 2-3 weeks.
- If you were pierced with a bar, come by after 2-3 months to see if we can downsize it.
- **Always** come by before changing the jewelry for the first time, even if the piercing appears fully healed! We'll assess your piercing and help you with changing the jewelry if it's ready.
- You're always welcome to drop by for any questions you might have, to stretch or change your piercing or to get pierced again!

JEWELRY, WORN OR UNWORN, CANNOT BE RETURNED OR EXCHANGED DUE TO HYGIENE REASONS!



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