

Aftercare Guide for Piercings

Congratulations on your new piercing! To ensure that your piercing heals well and to avoid any complications, it's important to follow proper aftercare instructions. Here's a detailed guide on how to take care of your piercing:

1. Hand Washing

- Always wash your hands thoroughly with soap and water before touching or cleaning your piercing.

2. Cleaning

- **Clean twice daily:** Clean the piercing in the morning and evening with a mild, non-iodized saline solution or a special piercing cleanser. Use sterile cotton swabs or clean, soft cloths for this.

3. Avoiding Irritation

- **Avoid twisting or playing with the piercing:** This can disrupt the healing process and lead to infections.
- **Do not apply makeup, perfume, or hairspray near the piercing.**

4. Avoiding Water Sources

- **No swimming:** Avoid swimming in pools, lakes, or hot tubs during the healing period, as chlorine and other chemicals can irritate the piercing.
- **Shower instead of bathing:** Avoid taking baths to minimize the risk of infection from standing water.

5. Avoiding Irritants

- **Avoid tight clothing:** Wear loose clothing that does not rub or pull on the piercing.
- **Protect from irritants:** Avoid contact of the piercing with harsh chemicals such as cleaning agents or disinfectants.

6. Diet and Lifestyle

- **Healthy diet:** Maintain a balanced diet rich in vitamins and minerals to support the healing process.
- **Avoid smoking and alcohol:** Refrain from smoking and excessive alcohol consumption, as these can impair the healing process.



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7. Monitoring and Caution

- **Monitor your piercing for signs of infection:** Symptoms include redness, swelling, persistent pain, or pus. If you notice any of these, consult a professional piercer or doctor.
- **Check the jewelry:** Ensure that the jewelry is securely in place but not too tight. Jewelry that is too tight can hinder the healing process.

8. Healing Time

- **Be patient:** Healing time can vary depending on the type of piercing and individual healing factors. Most piercings take at least 6-8 weeks to heal completely. Follow your piercer's instructions on the duration of the healing period.

9. Professional Advice

- **Regular check-ups:** If you have any questions or concerns, do not hesitate to contact your Piercer.



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