



**AFTERCARE INSTRUCTIONS FOR PIERCINGS
INFORMATION ABOUT THE RISKS OF PIERCINGS
INDICATION OF THE HEALING TIME OF PIERCINGS**

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AFTERCARE INSTRUCTIONS FOR PIERCINGS

The healing time of a piercing depends on the type of piercing and may also vary per person. General health and physical condition also play a role in healing process. Personal hygiene is a must during the healing time. Directly after piercing, the body tissue and skin around the piercing may get red and swollen. If you got piercing with too small ring or bar that is too short, the risk of complications or infections is greater. During healing time the bar or ring should have enough space and must not sit too tight or too loose. The piercing should be considered as a wound and be treated as such.

For the best and fast healing of your piercing follow these precautions:

- 1) Touch the piercing as little as possible with your hands.
- 2) Wash the surrounding area of the wound twice a day, with a soft unperfumed soap until the wound is completely healed.
- 3) After washing; dry the surrounding area of the wound with a towel or a clean tissue.
- 4) Keep the piercing as much as possible dry after washing.
- 5) Do not apply any ointment, lotions, Purol, Vaseline or alike on the wound.
- 6) Do not apply any wound-disinfectants, like Sterilon or Betadine on the wound.
- 7) Do not wear Band-Aid, or cover the piercing except for short time if necessary during sporting activities.
- 8) When having a body piercing (like nipple or navel piercing) do not wear tight or dirty clothes.
- 9) Avoid during the healing process all swimming or pool activities (chlorine pools, natural waters, bubble baths etc.) Also do not use a steam bath.
- 10) Never remove the piercing jewelry by yourself. Always contact your doctor if the following occurs: extreme red coloring of the skin, puss, pain, bleeding, growing out or rejection of the piercing by the body.

Specific instructions for oral piercings:

- 11) A tongue or lip-piercing (or other piercing in the mouth) must be given extra attention after eating, drinking or other forms of oral contact. Brush regularly your teeth (keep the teeth and mouth free of plaque, for example; with toothpaste based on sea salt) and rinse your mouth if needed with a product made for this purpose.
- 12) Avoid kissing and other forms of oral contact during the time of healing.

Specific instructions for intimate piercings:

- 13) Intimate piercings around the urethra (urinary bladder) require extra care. Soap inside the urethra can cause infections of the bladder. By drinking a glass of water about one hour before cleaning the piercing any soap residue will be removed with urine.
- 14) Intimate piercings need protection with extra strong condom during sexual activities (for example with a condom for anal-sex). It's not recommended to have any sexual activity during the healing of an intimate piercing.

INFORMATION ABOUT THE RISKS OF PIERCINGS

You're planning to get a piercing.

The GGD (National Health Service) thinks it's important to inform you beforehand about several possible risks. The placing of a piercing is a skin-piercing procedure. The proper method and use of the equipment prevents from becoming infected with blood-borne diseases such as Hepatitis B and C.

In addition, due to poor care and unhygienic treatment (both by yourself and the piercer) infections can occur that are both harmful and make your piercing look unattractive. Under the age of 16 a piercing is allowed only if you come with legal caretaker to the studio. Before you get pierced, you'll be asked to fill in a form of approval (a statement). In this form among others there will be some questions about your health.

To fill out this form is for your own safety. If you're under the age of 16, then your legal caretaker have to sign this form and identify them self.

The consent form will remain in the possession of the piercer and will be treated confidentially.

Placing of a piercing

Before placing a piercing the skin will be cleaned and some disinfectant will be added. The placing of a piercing must be sterile. This means; the needle and the jewel must come from a sterile package and may not be touched by bare hands. The piercer wears gloves that have been disinfected with alcohol 70% / 80% in advance, during the placing of the piercing. The placing of the piercing may hurt for a short while. It's prohibited for a piercer to use anesthetics without the company of a doctor.

Taking care of a piercing

A recent placed piercing can be compared with a deep flesh wound. It's very important that you take care well of your piercing. You'll receive from the piercer spoken and written instruction show to do this. These instructions must contain information like; consult a doctor in case of serious complaints (red colored skin, swelling, puss). The wound that is caused by the piercing requires time and care to heal. The healing of a piercing wound sometimes can take a long time (from 4 weeks to 9 months). Some people have scar tissue caused by a piercing. And it is possible that a piercing wound will look ugly after an infection. For some piercings it's not known what the reactions and possible consequences will be with aging.

YOUR HEALTH

If you suffer from one of the symptoms written here under, the GGD (National Health Service) will not recommend you to place a piercing:

- Diabetes
- Hemophilia
- Metal sensitivity/allergic to metals
- Immune disorder
- Heart and vein disorders
- when using anti-cloth medicines
- on place where radio-therapy or plastic surgery was done
- on places where you have dark spots, beauty-spots, swelling, or other forms of irritation of the body and skin.

A recently placed piercing will commonly be more sensitive or cause more pain in the first few days. After this the pain should go away. If this is not the case; a doctor should be contacted. Do not remove the piercing jewel before the doctor has arrived. During the healing time the piercing should not be removed unless there's an allergic reaction. This is to avoid the growing under the skin of the piercing or risks of infections.

INDICATION OF THE HEALING TIME OF PIERCINGS

TYPE	TIME FRAME
Earlobe	6 - 9 weeks
Ear cartilage	3 - 9 months
Nose (nose wings and nose cartilage)	7 - 9 weeks
Lip	7 - 9 weeks
Eyebrow	6 - 8 weeks
Earl	9 - 12 weeks
Tongue	4 - 6 weeks
Navel	6 - 9 months
Nipple	3 - 9 months
Fourchette	3 - 9 months
Clitoris-hood	4 - 6 weeks
Inner intimate-lip	4 - 6 weeks
Outside intimate-lip	4 - 6 weeks
Frenum / dolphin	6 - 8 weeks
Foreskin	6 - 8 weeks
Hafada	6 - 8 weeks
Dydoe / Pubis	3 - 6 months
Guiche	3 - 6 months
Ampallang	3 - 6 months
Prince albert	4 - 6 weeks
Apadravya	3 - 6 months