

PIERCINGS:

1. Wash your hands thoroughly always before you touch the piercing.
2. During the healing period, use clean, loose and breathing clothes around the piercing.
3. Check daily that your piercing is tightly on.
4. The more the piercing has contact with air the better.
5. Make sure, that no chemicals (hairspray, make up, lotions or alcohol based products) go into your piercing.
6. Avoid "dirty" water from lakes/the sea also avoid chlorinewater, sauna and bathtubs during first weeks.
7. Don't play with your piercing!

CLEANING:

-You need to clean your piercing 2-3 times a day during the first week. Cleaning it irritates the piercing so it slows down the healing process. Warm water is all you need to clean your piercing. Rinse the piercing under running water and rotate it gently so that water get's into it.

DON'T USE STRONG, ALCOHOL BASED CLEANING PRODUCTS

-If the skin around piercing dries, you can put a light layer of moisturiser on it. But don't use lotions often because they attend to form a coat on the skin and that prevents the piercing to heal.

-Don't unmount your piercing. Even a heald piercing can close up in few minutes. If you need to take your piercing off, please contact your piercer.

Saline solution helps your piercing to heal faster and prevent inflaming.

MOUTH AND LIPS:

- Gargle with mouthwash on the morning, evening and after every meal.
- Physical strain can maintain the swelling
- Gargleing with icecold water helps with the swelling