

CARE INSTRUCTIONS FOR YOUR PIERCING

In order to promote a successful healing process you must strictly adhere to the following care instructions. This will ensure that you can enjoy your piercing for a long time. Every piercing can cause slight bleeding and swelling. These symptoms will subside within a short time. If acute bleeding occurs, please press a clean paper towel onto the piercing until the bleeding stops.

IN GENERAL:

- **Always wash your hands with soap and water before touching your piercing**
- **Cosmetics and any creams or lotions that contain oil are a no go**
- **Never remove the initially inserted jewelery during the healing process**
- **For 4-6 weeks do not go to the pool, sauna or tanning booth, also avoid immediate sun**

Please complete the following steps exactly twice a day (only if you are excessively exposed to dirt, dust, sweat, etc. will you have to do so more often):

First you will need to clean your piercing with warm clean water (you can do this best while being in the shower). Prevent regular soaps, shower gels, deodorants, etc. from getting into the wound. Dry the area of the piercing with a clean disposable towel. At the edges of the wound as well as on the jewelry crusts may build up which are made up of lymph fluid and blood. Treat these areas with an alcohol-free disinfectant (e.g. sterile saline solution) and a cotton swap. Use these items to clean the edges of the wound surrounding the jewelry. Move the jewelry forward and backward and clean it and also its parts which are normally covered by the tissues around the piercing canal.

If necessary, apply cool compresses for a short period of time.

Try to avoid pressure on the fresh piercing, for example while sleeping or wearing headphones. Until the wound has completely healed you should avoid any source of infection, this also applies to contact with bodily excretions of others (saliva, semen, etc.).

Piercings in and around the mouth (lip, labial frenulum, or tongue):

Rinse your mouth at least twice a day – preferably after every meal – with antibacterial mouthwash (e.g., ProntoLind, sold at our shop, or Esemdent, Meridol, Chlorhexamed, or a similar product from the pharmacy, do not use Listerine).

Lip piercings also need to be cleaned externally with an antiseptic as explained above. During the initial healing process you will need to refrain from drinking alcohol, using tobacco, fruit juices, and milk products. Avoid very hot, or spicy, and acidic meals and beverages. If you experience swelling in the mouth, sucking on ice cubes can alleviate the symptoms (we recommend: ice cubes made of sage-, or chamomile tea). No French kisses, and no oral sex during the healing process (at least for two weeks).

A tongue piercing may impair the ability of the tongue to self-clean on the palate. Therefore, you will need to clean your tongue regularly with a soft toothbrush. When the piercing wound is healed regularly remove the jewelry from the tongue and clean the piercing hole with mouth wash and a cotton swab. Also clean the jewellery well with a toothbrush.

Metal conducts cold very well. Therefore, it is necessary to especially protect large and wide jewelry from the cold in order to avoid frostbite.

- For **eyebrow piercings** we recommend not wearing contact lenses until complete healing of the piercing wound.
- For **belly button piercings** we recommend avoiding tight clothing as well as belts.

The aftercare products we refer to in these instructions are simply recommendations on our part. If you have any known allergies against the ingredients in these products you should not use them.

ATTENTION!

Should you experience severe pain, extreme swelling, redness, or other signs of infection which do not improve in spite of your diligently adhering to the after care instructions please contact us or see a doctor immediately.

**Tatouage Chatte Noire/
Needlecat Piercing
Luitpoldstr . 17
91054 Erlangen
Phone 09131-9264088**

www.tcnoire.com

