



# PIERCING

## *After Care*

### Cleaning Routine

- Start by **washing your hands** thoroughly
- Clean your piercing **twice a day** for the first **6 weeks**.
- Spray **steripierce** onto the front and back of the piercing and leave it for **1 minute**.
- Use **1–2 cotton buds**. Lightly wet the tip with the spray and gently clean around both sides of the piercing to remove any crust or discharge.
- *Always use* a fresh cotton bud tip for each side.
- You can continue using the cleaning spray up to **6 weeks**. however you must **stop using the spray after 12 weeks**.

### Jewellery Care

- When a change down is required it is **vital** you have this done at the recommended time your piercer recommends.
- **Do not change your jewellery for at least 6 weeks yourself**.
- If the piercing still feels tender, we recommend waiting **3–4 months before changing it**.
- **Do not remove the jewellery**, as the piercing may close quickly.

### Important Advice

- For the first **4 weeks** do not soak your piercing in unsterile water ( This includes, baths, pools, hot tubs, saunas etc)
- If you experience **swelling or any problems**, please **return to us for advice**. Do not seek piercing help elsewhere.
- **Do not twist, turn, or play with the jewellery**, as this can cause swelling and may lead to infection.
- **Some bleeding is normal**. If it occurs, apply gentle pressure to the area until it stops. This may take up to **5 minutes**.



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