

PINPOINT PIERCING

PROFESSIONAL PIERCING
SINCE 1998

AFTERCARE | ENGLISH VERSION

CONGRATULATIONS ON YOUR NEW PIERCING!

It is best to leave a fresh piercing alone while it is healing. A healthy lifestyle will strengthen your immune system, so be sure to eat a balanced diet, get regular sleep, and drink lots of water.

It is normal for the skin to feel tender and be slightly red. You may also experience some swelling, bruising, and moderate bleeding in the first 1–2 weeks. A cold compress (cold water on a clean pad/compress) can help to relieve and reduce the swelling. Do not use ice cubes, as they can cause frost damage.

CLEANING YOUR NEW PIERCING:

A healing piercing will generally secrete a yellow or white fluid. This will form a crust on your jewelry and should be removed **one to two times daily** throughout the initial healing period. You should not remove the jewelry when cleaning it, and it isn't necessary to rotate it to clean the inside of the piercing.

You should shower daily and rinse the piercing well with warm water. This will make it easier to remove the crust on the jewelry.

We recommend using sterile saline solution to clean your piercing. Always wash your hands before cleaning. Spray or drip the sterile saline solution onto a clean Q-tip and clean carefully around the jewelry. Do not clean too vigorously or too much.

Dry carefully with a clean Q-tip after cleaning and showering/bathing to avoid moisture build up.

EAR PIERCINGS:

- If you have long hair keep it away from the area with hair ties or hair clips, to avoid irritating the piercing by constantly pulling your hair behind the ears.
- Avoid phones, headphones, ear pods, helmets, tight headaddresses, and lying on your side.
- Change your pillow cover often or cover the pillow with a clean t-shirt that you swap out daily.

ALL PIERCING PLACEMENTS:

- *Do not touch your piercing with unwashed fingers.*
- *Do not turn, twist, move, or play with the jewelry. It will not adhere to your skin.*
- *Do not remove the jewelry.*
- *Keep the area as dry as possible.*
- *Avoid pressure or friction from clothes, helmets, headsets, etc.*
- *Do not use cosmetics on or around the area.*
- *Avoid bathing in bathtubs, pools, freshwater, or seawater for the first month.*
- *Avoid sunbathing and saunas for the first month.*
- *Avoid chemical cleaning agents like soap, chlorhexidine, Pyrisept, hydrogen peroxide, iodine, alcohol, etc.*
- *Avoid low quality jewelry.*
- *Change your bedsheets and towels often, and avoid having pets in bed.*



ADDITIONAL ADVICE FOR LOBE PIERCINGS:

We recommend waiting at least six months before changing the jewelry yourself. If the piercing still secretes fluid, you should not change it, but feel free to contact us for a follow-up appointment. Do not change your jewelry often in the beginning. Continue to keep the area around the piercing dry and clean even after you finish cleaning it daily. You should be careful with changing your jewelry the first 12-18 months while the channel is being formed. And be critical of what jewelry you change to:

- Avoid silver and other unsuitable materials. Silver can contain nickel and create irritation or allergic reactions. In addition, it tarnishes and turns black. In the worst case this can cause permanent discoloration of the skin around the piercing. Implant grade titanium and steel, and good quality solid gold (not plated) are recommended. If you are buying white gold, ask for it to be nickel-free.
- Avoid dangling jewelry. The weight and shape of the jewelry can stretch and irritate the piercing.
- Do not go without wearing any jewelry. The piercing will shrink quickly, and it can become difficult to reinsert jewelry again. If you encounter problems inserting jewelry, please contact us as soon as possible so that we may help you.

ORAL PIERCINGS:

- Buy a new toothbrush.
- Avoid oral contact with others—also indirectly (like drinking from the same bottle).
- Alcohol is a blood thinner. Consuming alcohol during the initial healing period can lead to swelling and bleeding.
- Rinse your mouth twice a day with an alcohol-free/weak mouthwash, and rinse with salt water or water after every time you have had something in your mouth or smoked. Snus is not recommended.
- Saline solution for mouthwash: dissolve ¼ teaspoon of pure sea salt in 2.5dl of freshly boiled water. Saline has a short shelf life and should be changed daily.
- Since oral piercings often swell more than other placements, the jewelry you have received is long to accommodate for this. It is important to return after just a few weeks to change to a shorter piece, as the longer piece can cause irritation in the piercing and damage to your teeth and gums.
- Drinking cold water or carefully cooling with ice can reduce swelling. Anti-inflammatories such as ibuprofen and naproxen can also reduce swelling and relieve soreness. Read and follow the instructions on the packaging of the medication.
- When the piercing has healed, you should include the jewelry when brushing your teeth, since the jewelry will also collect plaque.

GENITAL PIERCINGS:

- Avoid unprotected sex—including oral sex. This applies even if you have a regular partner.
- It is not necessary to avoid sex for the entire healing period, but remember to pay extra attention to the new piercing and leave it to rest for at least a month.
- Clean the piercing after sex.



YOUR PIERCING:

Piercings heal from the outside inwards. So, even if the piercing looks good after a short period of time it is most likely not fully healed. Be patient, respect the healing time you have been quoted, and do not change the jewelry yourself until you are sure that the piercing has completely healed. We are happy to help you change your jewelry and, if you buy it from us, we will change it at no extra cost. This way, you can be sure to get the size and design that is best suited for your piercing.

If you have any concerns or queries as to whether everything is as it should be, or have any other questions, do not hesitate to contact us. We can check if everything is in order and possibly give advice to improve the situation.

Whether for changes, check-ups, or future piercings please call us or go to our website to book an appointment.



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3 ETG | STRØGET PASSASJEN
TORGGATA 11, 0181 OSLO
TLF 22 33 31 90