# CARING FOR YOUR PIERCING

We declare that we have practised our art in compliance with current regulations, particularly regarding health and safety, and that we have used single-use, sterile equipment.

## OUR WORK IS DONE, YOURS BEGINS

Aftercare for your piercing must begin on the very same day.
Many infections and complications can be avoided when aftercare is done properly.

## GENERAL RECOMMENDATIONS

To limit the risk of infection, never touch your piercing with dirty hands.
Avoid touching your piercing outside of aftercare, and wash your hands before handling it.
Avoid baths, swimming pools, the sea, saunas, the beach and the sun until fully healed.
Avoid knocks: contact sports, especially combat sports, and thrill rides.
Watch out for tight clothing, and for catching the jewellery when you undress.
Watch out for glasses, helmets, headphones and phones pressing on the jewellery.
Do not sleep on the piercing. No make-up on or around the piercing.
Always wash your hands before handling the piercing to clean it.
Be gentle and never rough.
Never remove or turn the jewellery, neither for aftercare nor at any time during healing.
For external piercings, use a pH-neutral soap.
Clean once or twice a day, removing any dried crusts around the piercing.
Rinse well with saline solution, then dry with a clean towel or a sterile compress,
taking care not to catch the jewellery. A cotton bud can help if needed.
For oral piercings, use an alcohol-free mouthwash after meals, 2 to 3 times a day at most.
For 7 to 10 days: soft, cold or lukewarm food; no alcohol, vinaigrette, strong spices,
acidic or very hot food. Yoghurts, fruit purées, ice cream and cool soups are best.
Smoking and vaping are not recommended during healing.
No oral sex for 3 weeks.

## STAGES OF HEALING

It is normal to see some inflammation in the days after the jewellery is fitted
(redness and sometimes swelling), but these symptoms should go away quickly.
If symptoms last or get worse, or if at least three of these signs appear together:
redness, swelling, pain, increased local warmth or fever,
or a discharge of pus or a bad smell, it is a sign of infection.
See a doctor if the symptoms are severe:
intense pain, fever and swelling spreading across the whole area, not just around the piercing.

## HEALING TIMES

usually observed

- Earlobe ..... 2 to 4 months
- Transverse lobe ..... 3 to 6 months
- Ear cartilage ..... 3 to 9 months
- Anti-tragus, snug, contra-conch ..... 3 to 12 months
- Industrial ..... 3 to 12 months
- Nostril ..... 2 to 6 months
- Septum ..... 2 to 4 months
- Bridge ..... 3 to 6 months
- Eyebrow ..... 2 to 4 months
- Labret, monroe, madonna, snake bites ..... 2 months
- Vertical labret, jestrum, angel bites ... 2 to 4 months
- Medusa, ashley ..... 2 to 4 months
- Tongue, venom, smiley, marley ..... 1 to 2 months
- Surface piercings ..... 2 to 4 months
- Christina ..... 2 to 9 months
- Nipples ..... 3 to 6 months
- Navel and inverse navel ..... 6 to 12 months
- Microdermal, genital ..... 2 to 4 months

These are averages: every body heals at its own pace.
Depending on your metabolism and your health, healing may be quicker or take longer.

**Respecting our work by caring for your piercing is the best proof of your satisfaction.**

15 Quai Jean Jaurès 84800 Isle/Sorgue - 04 90 20 95 92 - 20 & 22 rue Bidault 84200 Carpentras - 04 90 60 23 14
TATTOO ON MOVE - www.tattoo-on-move.fr - @piercing_on_move