

# CYBER PIERCING STUDIO



## AFTERCARE INSTRUCTIONS

All the jewellery in our studio are made of safe, hypoallergenic and pure implant-grade titanium. Our studio follows high hygienic standards for the protection of you and our piercing staff alike.

Piercing is an open wound and therefore will always have a risk of inflammation. To avoid this, you should never touch your piercing outside of cleaning it. All types of friction or contact should be avoided. Carefully wash your hands before cleaning your piercing.

A fresh piercing can have minimal bleeding for several days. It is very important to clean the area with clean water and saline solution at least twice a day, plus any time it gets dirty (sweating etc). We do not recommend strong disinfectants as they can be very harsh on the skin and can cause the wound to get dry and irritated. Disinfectants such as Septidin are meant for short-term use only and will usually do more harm than good in long-term aftercare. You should also prevent other foreign matters from getting into the wound (such as cosmetics, bodily fluids, other types of dirt). With mouth piercings you should always rinse your mouth with clean water after ingesting anything.

If and when your piercing gets scabs made of blood and interstitial fluids around the wound, you should always soften it in the shower or with wet cotton swab poultice before removing it, as not to harm the wound and prolong the healing process. Swimming, bathing and sauna are prohibited for a minimum of a couple weeks, preferably even up to several months, depending on the piercing in question. Showering is allowed and even recommended, provided that the piercing is cleaned separately afterwards to avoid any soap or shampoo residue staying in the wound. You should also be careful with clothing, hair and the like such to make sure they do not harm, pull, compress or twist the piercing.

You can recognize an inflamed piercing from the redness, unusual swelling, feverish feeling in the wound and most prominently from it festering a thick, translucent pus. It is not recommended to remove inflamed nor infected piercings on your own, for the wound can close and encapsulate the infection within your body. In case you notice any signs of being unwell or have any other worries about your piercing we welcome you to come for a consultation where our piercers will check your piercing and make recommends about the aftercare going forward. For self-care, you can clean the infected piercing carefully, more often, using a saline solution. Antiseptic solutions can also be used for a couple of days if absolutely necessary to contain and calm the inflammation, though the long-time use of them should be avoided.

The starting jewellery should never be removed before the piercing is completely healed, otherwise the hole can close really fast. Putting the jewellery back can also difficult and feel uncomfortable if your piercing is not yet healed. Using jewellery made of any other material than implant-grade titanium in an unhealed piercing can cause irritation and prolong, or in worst cases prevent, the healing process.

Despite the quality of the jewellery, and how extensive the aftercare was, there can be cases where your body may simply reject the piercing. In case this has started to happen, and the jewellery is noticeably growing out, we recommend taking out the piercing and letting the hole heal closed to prevent further scarring from happening.

Remember that you are always welcome to ask your piercer for advice – we will be happy to help!

The size of your jewellery: \_\_\_\_\_ x \_\_\_\_\_ mm

# NOTEWORTHY

## NOSE PIERCINGS:

The side of the nostril is hard, thick tissue and can therefore grow hypergranulation. It is a temporary cosmetic complication and is usually a sign of irritation. Irritation can be caused by changing the jewellery too soon, moving/touching your piercing or getting hit on the piercing/jewellery. To get rid of the hypergranulation you should check your aftercare habits, clean the piercing with saline solution and pay attention to being more gentle with your piercing. If the bump persists, check up with your piercer to find a solution.

## MOUTH PIERCINGS:

Piercings around your mouth are important to be kept clean by rinsing them with water after eating, drinking, smoking, chewing gum etc. Basically any time you put something in your mouth you should rinse your mouth afterwards. When the wound is still fresh we recommend to completely avoid smoking, alcoholic drinks and spicy foods. Soft and cold foods are recommended. Tongue and lip piercings can, at first, have major swelling which is completely normal. It can feel very uncomfortable, but will settle with time. If the length of your jewellery seems to be getting too short or too long (squeezing your piercing/tissue or too long and moving around too much/hurting your teeth) please visit your piercer for resizing; we will replace your jewellery with another, better fitting titanium labret or barbell.

## NAVEL PIERCING:

With a navel piercing it is extremely important to take really good care of keeping it clean for if infected it can swiftly be rejected by the soft tissue. Pay attention to cleaning the inside of your bellybutton as well! If it feels difficult to reach the tiny place behind your jewellery we recommend gently using a q-tip to help.

## MICRODERMALS:

Microdermals can be tricky to care for, as they are more difficult to clean and also have one of the highest rejection percentages. They tend to take heavier damage from injuries and can reject even after healing.

As a process, planting a microdermal differs a lot from other piercings. First an upside down "T"-shaped hole is made to the skin, then the microdermal jewellery is installed into the hole. While healing, scar tissue will grow around the anchor of the jewellery, securing it in its place. Because of this, there is risk of unhealed dermal falling out. That is why you should be extremely careful with your microdermal, especially for the first month, to allow the rooting to take place. Due to the risk of it falling out, you should never wipe while cleaning your microdermal. Gently pat around it instead. Removing scabs at first is not necessary as it may help to secure the microdermal. You should cover the microdermal with plaster for the first couple of nights. Just make sure no amount of the glue surface touches the jewellery as it may pull it out while removed. Covering your dermal around the clock is not recommended since it does not allow the wound to breathe.

Dermals need to be cleaned even after healing to prevent or otherwise slow down the rejection. Dental floss is a great tool for this, as it fits snugly between the jewellery top and skin, allowing to carefully clean between without pulling your jewellery. You should always avoid pulling, twisting or moving your microdermal, it can easily cause rejection. Please also take note that temporarily removing microdermal jewellery is not possible! It should be removed with scalpel or similar tool and cannot be placed back to the same spot.

## CARTILAGE PIERCINGS:

Cartilage is a sensitive tissue, and these types of piercings tend to take really long time to heal. Even as long as up to a year is completely normal. We urge you to be patient and not to change your jewellery too soon, as the consequences for your ear can be pretty rough; including rejection, inflammation and hypergranulation.

Your cartilage piercings may swell quite a lot after piercing. It is completely normal, although uncomfortable. Sometimes there can be more swelling than anticipated since every body can react differently. If this happens to you and the jewellery starts to feel tight we urge you to visit us as soon as possible; we will change it to a better fit to avoid complications.

Cartilage piercings tend to be very prone to hypergranulation. This, also known as irritation bump, and while it can be scary-looking, worry not; it is a temporary aesthetic complication that will go away with time and gentle care. As the name suggests, hypergranulation is usually caused by irritation. This can include, but is not limited to, sleeping on your piercing, wearing clothing that keeps the jewellery in a bad position, leaving shampoo, soap residue or other cosmetics in the wound or simply touching your piercing too much. The best remedy for this is to keep cleaning your piercing with a saline solution and being as gentle with it as possible. If the bump persists, we recommend checking up with your piercer to see if there are other issues going on.

