

CARE INSTRUCTIONS

Piercings heal slowly, so taking care of them is important. Piercings heal at their own pace, which can take from a few months to six months.

The jewelry should not be replaced if the piercing is painful or feels tender.

The piercing jewelry we use is implant-grade titanium ASTM F-136.

- **Never touch the piercing with dirty hands!**
- **Do not remove the jewelry while it is healing! Cleaning is possible while the jewelry is in place.**

CLEANING THE PIERCING

- The piercing should be cleaned by rinsing it with warm water 2-4 times a day.
- You can shower normally, but lastly, clean the piercing under running water.
- Saunas and swimming should be avoided for 2 weeks.
- You can clean the piercing with a saline solution or a spray intended for cleaning piercings, which you can purchase from our store.

DO NOT USE DISINFECTANT TO CLEAN

- If the piercing is red and a little tender or there is a tissue fluid buildup next to the piercing, you can treat it with a saline solution and zinc ointment. For more detailed instructions, contact us.
- Be careful not to sleep on a fresh piercing.
- Depending on the piercing site and the amount of swelling, the tissue fluid may be clear or thicker yellowish. This is NOT ROTTING, but completely normal piercing healing.
- You should not play with the jewelry. "Playing" with the jewelry slows down healing and may cause inflammation.

TONGUE, SMILEY, and CHEEK PIERCING

- Always rinse your mouth with a mouthwash intended for piercing care after you have eaten or drunk anything other than water.
- Remember to dilute the mouthwash! One part mouthwash and four parts water (1/4)
- Alcohol and smoking should be avoided for a couple of weeks.
- Also avoid carbonated drinks, spicy foods and dairy products for 2 weeks.
- Ice cubes reduce swelling and ease pain.
- The toothbrush should be changed after the piercing is done and healed.

CONTACT US IMMEDIATELY IF YOU HAVE ANY QUESTIONS!

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You can message us via Instagram/Facebook/TikTok 24/7, we will respond to messages as soon as possible!



with love **HalfBlock daughters**