



## How to take care of your piercing:

### belly button

**Every piercing is an open wound! Keep it clean to avoid an infection!  
Therefore: before you take care of your piercing, wash your hands well.**

In the first 2 - 3 weeks try to avoid any cause of infection, especially:

- no bathing (showering is okay)
- no poolside
- no sauna
- no solarium

Try to avoid heavy sweating because of bacteria within the sweat which could get into the wound.  
Please keep away body care products from the pierced area within the first 2 - 3 weeks.

As part of the daily body care (daily showering/washing) the piercing and the surrounding area should get soaped (ph-adjusted soap) carefully and cleaned with water.  
The patch you got as first aid should stay on the piercing for 24 hours. Afterwards you can shower as usual.

Next perform the following steps for disinfection:

Spray up your belly button with ProntoLind® 2 - 3 times a day, allow it to take effect for 2 - 3 minutes and clean the residues with a cotton swab.

Wear only loose fitting clothes during the time of healing.

It takes at least 3 - 6 months to heal. Don't remove or replace the piercing jewelry before that period of time.

Please don't use any other care products than those mentioned. Notice that overdoing the care can extend the healing time.

**Don't forget:** Check the screw-in ball daily to make sure it is fixed!

Please follow the above care instructions on your own behalf. They are based on practical experience and proved efficiency.

**Please visit us again in two weeks for a follow-up check!**

**Even with a completely healed piercing the jewelry must be worn permanently. The branch canal (depending on the pierced area) close up within hours and you can't insert the jewelry anymore!**

**In case of questions or complications just call us by phone or visit us in our studio.**