



## How to take care of your piercing:

### intimate

**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
- no contact with extraneous body fluids

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

Next perform the following steps for disinfection:

Spray up your piercing with ProntoLind® 3 times a day. Do this for 2 weeks straight.  
Intimate shaving is a good way to avoid bacteria, urine and sweat that stick to the hair.  
Wear only loose fitting clothes during the time of healing.

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

**Very important: for 2 weeks no sexual intercourse! No contact with extraneous body fluids!**

The healing time is different for every spot. For your piercing it takes \_\_\_\_\_, don't change or take out your jewelry before.

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

**Even with a completely healed piercing the jewelry must be worn permanently. The branch canal (depending on the pierced area) can 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.