



How to take care of your piercing:

labial frenulum

**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.**

Don't smoke within the first 12 hours after the piercing got done!!!

In the first 2 weeks you have to do without some foods, like:

- dairy products, like:
 - milk, cheese, cream, yoghurt, chocolate
 - cream sauce, mayonnaise, pudding, curd
- fruit acid, like:
 - fruit, soda, iced tea, lemon tea, tomato sauce, ketchup

Milk/fruit acid bacteria could get into the wound and cause infections.

After every meal, rinse with cold chamomile tea without sugar or mineral water.

As part of the daily body care you can brush your teeth as usual.
Next perform the following steps for disinfection:

Spray into your mouth with ProntoLind® 2 times a day without water, rinse and spit it out. Please don't swallow the ProntoLind®. Don't use it longer than 2 weeks.
It takes around 2 - 3 weeks 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: If you wear a bar, check the screw-in balls 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.