



How to take care of your piercing:

lip / cheek

**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:

You can brush your teeth as usual. Then spray up your lip/cheek with ProntoLind® and allow it to take effect for 2 - 3 minutes. Clean the residues with a cotton swab.

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

To prevent swelling you can cool the area with ice cubes. After every meal, rinse with cold chamomile tea without sugar. Do this for 2 weeks.

It takes at least 6 - 8 weeks to heal. Don't remove or replace the piercing jewelry before that period of time. Lip piercings heal fast due to the quick regeneration of the oral mucosa. There are labret piercings available made of PTFE. This soft material is especially gentle to gums and enamel. Depending on the healing process we can shorten your piercing bar within the next 2 - 4 weeks.

You have to do without certain foods for 2 weeks. Those are dairy products like milk, cheese, yoghurt, chocolate, cream sauce, mayonnaise, pudding and curd. You should as well do without fruit acid like fruit, soda, iced tea, lemon tea, tomato sauce and ketchup.

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.