



TITANEN

Piercing & Tattoo

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Piercing Aftercare

Date / check-up date

Piercer

Healing time

Jewelry

In the first 4 days

- No Alcohol
- No Aspirin
- No Sport

In the first 4 Weeks

- No Sauna, Tanning, Swimming, or Bathtubs

Advice

Until the piercing is completely healed, please:

- Do not touch the piercing
- Do not spin or move the jewelry back and forth
- Avoid pressure on the piercing, i.e. Headphones, Helmets, Hats, Masks, Pillows
- Do not sleep on the Piercing
- Do not change the Jewelry
- Eat healthy and regularly
- Drink enough water
- Sleep well and adequate
- Stay healthy and happy

Care

Clean the piercing every morning in the shower:

- 1) Wash your hands thoroughly
- 2) Carefully clean the area around the piercing with a pH balanced soap for sensitive skin
- 3) Clean the area for at least 1 min
- 4) Rinse with clean water, or salt solution
- 5) Carefully dry the area with a clean lint free single use cloth

In the first 8 weeks, soak the Piercing every evening with a salt solution:

- 1) Wash your hands thoroughly
- 2) Soak a gauze compress with salt solution
- 3) Carefully hold the compress on the piercing for at least 5 minutes
- 4) Rinse the area
- 5) Carefully dry the area with a clean lint free single use cloth

Contact us immediately if you have any complications!

Do not use Disinfection, Alcohol, cotton swabs, pads, or other aggressive products for cleaning!