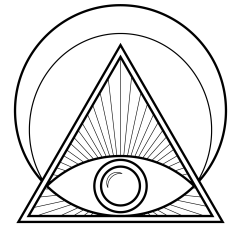


# Piercing Aftercare

Congratulations on your new piercing!

Proper aftercare is crucial to ensure a healthy and speedy healing process.

Please follow these instructions carefully to avoid complications:



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1. Always wash your hands with soap and warm water before touching your piercing to prevent infection.
2. Twice a day, use a pressurized sterile saline spray to clean both sides of your piercing (entrance and exit) and allow it to air dry.
3. Once a day, rinse your piercing under clean running water (i.e. in the shower) to loosen any accumulated discharge or "crusties." After your shower, use non-woven gauze to gently remove any remaining discharge around your piercing. Avoid using cotton balls or swabs, as they can leave behind fibers that may irritate the piercing.
4. Avoid touching, twisting, or turning your piercing during the healing process, as this can delay healing and introduce bacteria into the wound.
5. Avoid submerging your piercing in water (such as swimming pools, hot tubs, or lakes) for at least 4-6 weeks, as this can introduce bacteria and irritants that may prolong the healing process.
6. Avoid using makeup or cosmetics near your piercing, as they can introduce bacteria and irritate the wound.
7. Wear loose, comfortable clothing that won't rub against or irritate your piercing.
8. It's important to note that some swelling and tenderness around the piercing site is normal. It's also common for your piercing to feel itchy or appear bruised. Every individual's body heals differently, so be patient and allow your body to go through its natural healing process.

Should you experience any difficulties or have any concerns about your piercing's healing, please don't hesitate to reach out to us.

Healing a fresh piercing takes time, and patience, and at times may require some temporary lifestyle adjustments.

The following activities can greatly affect your healing time and may increase the risk of infection, irritation, and complications:

1. Swimming – We do not recommend swimming or submerging a fresh piercing in pools, oceans, and lakes for at least 2 months after getting pierced. Unclean water can introduce bacteria and irritants that may prolong the healing process.
2. Contact Sports, Helmets – Activities that have a high risk of bumping, snagging, or hitting your piercing may increase the risk of irritation and slow down the healing process.

3. Sleeping – Sleeping on your new piercing can cause irritation and prolong the healing process. If possible, try to avoid sleeping on the side of your new piercing, or use a travel pillow to support your head and keep pressure off of your piercing.
4. Over-cleaning – This can cause irritation and dryness. Stick to the recommended cleaning regimen and avoid using harsh soaps or alcohol-based products.
5. Changing your Jewelry – Initial jewellery must not be removed or changed for the duration of your healing time, which is typically 2-3 months for earlobe piercings and up to a year for other types of piercings. The only exception is when upsizing or downsizing your post, which should only be performed by a piercer.

**\*\*Following these guidelines is extremely important for the healed results of your piercing. Please DO NOT use other products or follow other artists' aftercare instructions. Through extensive research and tests, these instructions will give you the best results!\*\***

*Please send us pictures of your healed piercing to [hello@studioartisphere.com](mailto:hello@studioartisphere.com) so we can see how it turned out!*