

# offer studio

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Professional piercing studio at Mariehem, Umeå

Revision 2025-01-27

## After care : Piercings (not genital or mouth) (Ears, eyebrow, nostril, septum, bridge/erl, navel, nipple etc)

**Estimated healing time:** Earlobe and septum 2-3 months,  
cartilage (upper parts of ear and nostril) 4-12 months, others 3-6 months  
**After care products:** Prontolind spray or saline solution spray

### General after care advices during the whole healing time

- Never intentionally touch your piercing, neither with fingers nor with cotton swabs.
- Stay healthy and take care of yourself.
- Avoid alcohol and other substances that lowers you immune system, especially in the beginning of the healing time.
- Avoid saunas, public pools and solariums, which are full of bacteria.
- Pay attention to how your piercing is doing, and if the body is rejecting the jewelry (migrating). Migration is mostly a problem with piercings such as navel, eyebrow and bridge. Get in touch with your piercer if you are having problems.
- Avoid make up and other products around the piercing during the healing time.  
*Dry skin? Try Helosan or ask at the pharmacy shop.*
- Do not clean the piercing with alcohol based or clorhexidine based products.
- Do not change the jewelry yourself during the healing time. Sometimes it needs to be changed due to much swelling or that the length creates more problems. In that case, get help from a piercer.

### Do the following once or twice a day

1. Wash your hands thoroughly.
2. Soak the area, preferably with a warm shower. Take the opportunity to rinse the piercing with the showerhead to remove any buildup on or around the jewelry.
3. Spray Prontolind or saline solution on the area. If you are using saline solution, rinse the area with water afterwards to prevent the skin from drying out.
4. If there has been buildup on/around the jewelry for many days (several showers), take a wet cotton swab and gently remove it. The best approach is to avoid this entirely and simply rinse the jewelry clean during shower. Still not clean? Visit your piercer for assistance.

When it comes to especially nipple or navel piercings, please put a patch over it, without creating pressure on the piercing, at least in the beginning of the healing process. Change it when you clean the piercing.

Good luck with your new piercing!

**Any questions? Want other/new jewelry and help with changing it?**

Write to me at <https://www.offerstudio.se> or call me at 0737358379!