



- PRETTY PIERCED -
PROFESSIONAL PIERCING

AFTERCARE GUIDE: WHAT TO DO & NOT TO DO

CLEANING INSTRUCTIONS:

- **Clean** twice a day for the next 6 weeks using a sterile medical wound wash only. We recommend Steripierce Saline Mist (£10 - £15): Spray it on the piercing site(s). Don't use cotton tips or swabs or clean it.
- **Dry** it using a clean paper towel or cold setting on a hairdryer. Never let the piercing stay wet or damp after it got wet.
- **Protect** it. Don't twist or touch the piercing site. Do not pick scabs off. Don't sleep on or knock it, be careful washing hair when on the ear
- Check the front attachment is secure a couple of times a week: with clean hands, hold the bar from the back and the attachment on the front is screwed in and tightens clockwise.

WHAT TO EXPECT & WHAT'S NORMAL:

- Expect any wound to swell. You have been pierced with a longer bar called a 'swell bar;' to accommodate swelling but everyone heals differently. If you need a different size bar, come back to us asap.
- Localised bleeding, tenderness and bruising can happen. It's a wound and it's normal. You may get some, none or all symptoms. If unsure, contact me.
- The top skin might feel tight, it does not mean its healed. The inside takes a lot longer and you can't see that so be patient.

Come back to see your piercer at the required time for your aftercare health check and to have the swell bar replaced to the second stage bar. This is called downsizing.

BEST PRACTICE & LIFESTYLE ACTIVITIES:

- Don't touch, twist or fiddle with your piercing or jewellery until fully healed.
- Do not use any abrasive products, antiseptic or chemicals.
- Avoid creams, makeup, perfumes and sprays of any kind for at least 4 weeks.
- Avoid pools, hot tubs, sea, beaches and air travel for at least 4 weeks.
- Gym goers: keep covered from clothing or friction.
- Ear piercings: do not sleep on a fresh piercing until the downsize date. Elevate your ear from pressure by using the hole of a travel pillow.
- Oral piercings: avoid alcohol, dairy and spices for the first 2 weeks.
- Do not change the jewellery until it is safe to do so once fully healed.
- Contact your piercer in the very first instant with any concerns or questions.

AFTERCARE SERVICES & COSTS

The guidelines we have provided ensures your wound has the best chance of healing and avoiding trauma and infection. After you leave the studio, it is down to you to look after your piercing and come in for then aftercare health checks at the required time. If you fail to look after your piercing, follow up services will be charged at normal rate:

SERVICE:	Pierced by me in heal time	Normal rate
Clean & health check	Free	£5
Jewellery change	Free with jewellery purchase	£5 - £10
Infection clean	£5 - £20	£10 - £30
Reinsertion – taper, cannula	£0 - £20	£10 - £30

TERMS, CONDITIONS & WAIVER:

You have signed a release form before the piercing procedure was carried out, informing you of the risks and terms of receiving a piercing. We retain a copy and you receive a copy.

With the release form, you have agreed to follow the aftercare procedures given at the time of the procedure until it is fully healed. You understand that local and general infection can and may occur due to unclean conditions outside of the piercing room. You understand the piercings are a wound and would be prone to pain, swelling, bleeding, bruising, scarring and any other symptoms relating to skin trauma which is a natural by-product of being pierced. You understand this is natural occurrence and not a fault or result of our trained piercer. If you become aware of any potential problem, you agree to contact your piercer immediately so they can advise and keep record. You agree to indemnify the piercer against any claims or proceedings in respect of any personal injury arising out of, or as a result, of this piercing for whatever reason anything may occur. If you do not follow the guidelines and do not return to us with any issues to resolve and chose to leave a negative review, you will be contacted and invoiced for any reputation damage that may arise from your actions.

GDPR: your information is kept on record for three years as required by EHO. It is kept either securely online or in a closed system, after which it is destroyed with controlled methods. It will not be shared or used for any marketing or contact expect for regulations requirements.

PLEASE LOOK AFTER YOUR PIERCING RESPONSIBLY**CONTACT DETAILS:**

Email: Torzcat@gmail.com

Social: [@pretypierced_byTorz](#)

Bookings: www.bookedin.com/book/pretypierced

Appointments at 4 Castle Street, Hastings. TN34 3DY on Thursdays to Saturdays

Walk ins at 65 George Street, Hastings. TN34 3EE on Wednesdays