

Your new piercing - a very special wound

The following information should help you to handle your freshly pierced piercing properly. If you have any questions or something is unclear to you, please contact us or just drop by during opening hours – an appointment is not necessary.

A new piercing is actually an injury to the body and therefore needs special treatment. However, unlike exposed cuts, for example, your body cannot form a crust over the open areas that protect against the penetration of dirt and bacteria. Therefore, the following instructions and advice are particularly important so that your piercing heals well.

First things first:

Stay away from dirt and dust. A clean wound is the be-all and end-all. On the day of the procedure, leave the area - as far as possible - completely alone. **Do not remove the piercing yourself during the healing phase** - if you have any problems, please contact us! In order for the puncture canal to quickly build up its own thin and protective skin layer, the following is important:

1. Avoid any **unnecessary touching** – your hands are never completely clean!
2. **No visits to swimming pools**, saunas or solariums (in the first 4 weeks)
3. Do not bathe, but **take a shower** - the piercing should not come into contact with soap
4. No contact with foreign body fluids (e.g. saliva, sweat, semen)
5. Avoid blood-thinning medication such as "*Aspirin*" the first 3 days, as far as possible
6. Make-up, creams or, above all, hair dyes should not get into the wound
7. **Do not apply unnecessary pressure** or friction to the piercing
8. Support your body with little stress, plenty of sleep, a healthy diet and little physical strain.
9. For INTIMATE PIERCINGS: no sexual activity, no clothing that is too tight, no synthetic underwear

The 3 x 3 piercing care

Do the following 3 times a day, for 3 weeks – no more and no less:

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1.)

Wash and/or disinfect hands thoroughly.

2.)

If crusts have formed around the piercing, soften them with lukewarm water. After that, you can remove them with a lint-free cloth (not with your fingernails!).

Cleaning is always done from the inside out, so that you move the contamination away from the wound and do not transport it to the wound.

3.)

Apply "*Octenisept*" or "*Pega-Care*" generously to the piercing and leave it on for about 60 seconds. Do not move the piercing! Due to the capillary effect, the agent enters the puncture canal all by itself. Movements of the piercing can lead to damage, irritation and contamination of the wound canal and its edges.

Then dab off excess care product with the paper towel - **DONE!**

The following problem, among others, can occur and are completely normal

1. The pierced part of the body swells (cooling helps)
2. The wound burns, bleeds or hurts slightly, - or feels uneven

If there are any problems, always contact us first

Come by during opening hours (appointment is not necessary), call or write to us on our social media or by email. In the course of wound healing, some things can happen where you don't necessarily need to see a doctor. We have years of experience with piercing problems of all kinds and are happy to help – that's what we're here for! Please don't let friends unsettle or advise you – please ask us.

In case of allergic reactions, e.g. very severe itching, rash or shortness of breath, please contact a doctor or the *Health Hotline* 1450



Opening Hours:
Mo-Fr 11-19
Sa 11-18

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