

## Nose Piercing

In the first 6 weeks:

No chlorinated water. No herbal/bubble baths.

Make sure to only touch the piercing with clean hands.

Aftercare for your piercing:

Do not turn or move the piercing whilst dry! This will cause the wound to open up again.

Always wash your hands before touching the piercing.

Wash the area twice daily with warm water to clean the wound, and apply the sea salt solution.

Use some cotton pads and warm water to clean around the area of the piercing and the jewellery itself.

Sea salt solution (9 gram sea salt with 1L distilled water. (What you can buy in every supermarket.) Do this with a clean cotton swab.

Always use clean cotton swabs and/or cotton pads instead of a towel.

Ensure that the area is free of scabs before attempting to move the jewellery.

Use a clean swab stick to hold the jewellery in place whilst cleaning. This will prevent the jewellery from coming loose. In the event that your piercing does come out, stick a straight earring into the hole to prevent it from closing back up, and come back to have your nose piercing reinserted.

Turn or move the jewellery with the wound care drops, and make it completely dry with a tissue.

Do not use alcohol or Sterilon, as this will dry the wound too much. Do not use Betadine with gold jewellery, as this will make the jewellery dull.

Ensure that no make-up or cleansing products come into contact with the wound.

Change your pillowcase every two days. Use one side one day, and the other side the next day.

Further:

How long it takes for a piercing to heal depends on the type of piercing. Usually, after two weeks the pain will subside.

It takes 4-6 months for a nose piercing to fully heal.

Alcohol, drugs and lack of sleep have a negative effect on the healing process and will extend the healing time significantly.

In an inflammation:

Even if you follow all of the instructions, it is still not uncommon for nose piercings to become infected. Do not remove the jewellery. The jewellery keeps the wound open, which helps the body reject any infected material.

Apply twice daily with wound solution with chlorhexidine for one week, and one week once a day.

In cases of severe redness, swelling and pussing, you should contact your doctor.

But ask your piercer first.