

## **Guidelines for intimate piercing**

In the first 6 weeks:

No chlorinated water. No herbal/bubble baths.  
Make sure to only touch the piercing with clean hands.  
Do not wear clothes that press against the piercing.

Aftercare care for your piercing:

Always wash your hands before touching the piercing.

Women: Wash once daily with intimate soap (Lactacyd) or rinse with a salt/water solution. (See below). Washing only with water is also an option.

Men: Wash once daily with Unicura soap or a salt/water solution.

Whilst showering: Ensure that the piercing is the last part of yourself that you wash. The rest of your body must be clean before cleaning the pierced area.

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.

The piercing will become red, swollen and itchy for the first two weeks. This is the normal inflammatory response of the body.

Wear 100% cotton underwear. This allows the skin to breathe, and reduces the chances of infection. Whilst the piercing is healing, you must never wear tights.

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

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

With proper aftercare, a clitoral hood or labia piercing should heal within 3-6 weeks.

A Christina piercing takes about 3 months to heal, as it is a surface piercing. If it takes longer than this to heal, it will be prone to rejection.

A frenum piercing heals in 8-10 weeks, and a scrotum piercing heals in 4-8 weeks.

You must wait at least 2 weeks before having sex, and for 6 weeks after this, a condom must be worn if you have sex.

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

Your jewellery is made from titanium. If you swap it for another piercing made of nickel or surgical steel, then the area may become infected (if you have an allergy to these metals) and your body may try to reject the piercing.

Soak the piercing twice daily with a salt solution (1 small teaspoon of course sea salt without additives in a glass of boiled water, which is then allowed to cool.) Do this with a clean cotton pad.

This is a good way to clean your piercing without seriously disrupting the pH value of the surrounding area.