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**Recommended healing products:** [ProntoLind Gel and ProntoLind Spray](#) and [PronoLind Mouthwash MouthSpray](#) with a polyhexanide-betaine complex from Prontomed

**Daily care for oral piercings (Twice a day for 2-3 weeks):**

1. Wash your hands before touching the piercing and disinfect your hands afterward.
2. Spray on ProntoLind Spray and leave it on for 30 seconds. Then wipe it clean with a smooth tissue (paper towel or kleenex, no cotton balls!)
3. Apply ProntoLind Gel and let it absorb. Then carefully begin to move the piercing backwards and forwards.  
(Do not twist the piercing/implant, and do not even move the surface piercings!)
4. After brushing your teeth, rinse your mouth out with ProntoLind mouthwash (60 seconds).

For tongue and lip frenulum piercings, use the ProntoLind mouth wash only twice a day and use the ProntoLind mouth spray several times a day (Number 1-3 do not apply).

**Note:**

Do not handle or interfere too much with the piercing, because this can lead to irreparable damage to your teeth and gums. Simply monitor your healing progress. Touch the piercing as little as possible (and if you do, wash and disinfect your hands first), and do not expose it to unnecessary irritation.

Never use cotton balls, makeup remover pads, or toilet paper when cleaning the piercing, because the fibers contained in them can cause an inflammation in the wound canal. Do not twist or remove the piercing when cleaning it, because both can damage the wound canal.

**Eating & Drinking:**

Products to avoid for at least 3 days: Dairy products only if not pasteurized (ice cream, yoghurt, cheese, etc.), hard alcohol, cigarettes (nicotine in any form), and chemical products like teeth whitener.

Ice is allowed, but do not lick ice cubes. In the first few days following a tongue piercing, you should eat through a straw, ideally a nutritious soup or baby food. As soon possible eat normal food again. After every meal or drink, rinse your mouth out with still water that is low in mineral content (and use ProntoLind mouth wash, as described above).

**Healing process for all Piercings:**

- Depending on the area, the initial healing of a surface piercing can take anywhere between 2 – 6 weeks, and up to 3 months for a complete recovery. A swelling of the lymph nodes in the first few weeks is completely normal.
- At the beginning, make sure you have a professional piercer switch your jewelry to another size of ball, bar, or ring.
- Never tape the piercing wound shut. Also avoid “wound” ointments, alcohol or chlorine-based disinfectants, hydrogen peroxide, and essential oils.
- Saunas, sunbeds, steam baths, and any kind of swimming in pools should be avoided for two weeks. Exposure to sea water is allowed after 3-7 days.
- It is normal for there to be a wound secretion around the pierced area (initially clear, then yellowish-brown, not to be confused with pus) and for it to become sebaceous. This is part of the healing process, and can be removed with ProntoLind Spray, or when showering.
- When engaging in everyday tasks such as dressing, undressing, eating, shaving, applying cream, showering, washing, opening and closing cupboards, be careful that the piercing does not get caught in something and tear.
- A coated tongue (white, yellow, brown), swelling of the lymph nodes in the neck/head area or proud flesh on the tongue are possible side effects, as well as foreign body sensation.

**Concerns & Questions:**

Should there be unexpected problems during the healing process, or should you have any doubts, contact your piercer immediately or write to us. Most complications, also hypertrophic scars can be straightened out quickly with the right [treatment](#). In case of an emergency occurring outside of our work hours, go to the hospital immediately.