

We recommend the 2 step Sterilear Piercing Spray system to care for your piercings. As your piercing heals, the needs of your skin will change. This system is designed to provide optimum healing for your piercing at all stages of the healing process.

### Sterilear Step 1: Clean Piercing Spray

- Used in the initial stage of healing and contains the concentration of salts to promote healing;
- Sterile solution helps prevent bacteria from forming around the piercing;
- Non-irritating formula to help calm and heal the skin;
- Aseptic pump pack keeps the solution sterile.

### Sterilear Step 2: Care Piercing Spray

- Enhanced formula enriched with Aloe Vera & Lavender to soothe and promote healing;
- Contains anti-inflammatory & anti-fungal ingredients;
- Aseptic pump pack keeps the solution sterile.

### Week 1 & 2

Spray the pierced area with Sterilear Step 1: Clean Piercing Spray 2–3 times a day. Do not touch/rotate your jewellery (this will remove the healing scab and may spread bacteria, leading to infection).

AVOID: Pools/hot tubs/ocean. If you must go in, cover your piercing with a waterproof band-aid and spray with Step 1: Clean. Showers are OK.

### Week 3 & 4

Use Sterilear Step 2: Care Piercing Spray 1–2 times a day to promote healing and to ensure a bacteria-free environment. Do not touch or rotate your jewellery. Discharge will reduce and skin will commence “unsticking” from jewellery.

AVOID: Dettol, peroxides, disinfectants, soaps, tea tree oil and alcohol.

**Note:** Even in the strictest conditions, infections can occur and possibly even leave a scar. If you notice any changes in your piercing please visit your nearest Essential Beauty salon as soon as possible. If you follow the aftercare instructions above, the chances of an infection are very low.

### How long will it take for my piercing to heal?

AREA PIERCED	HEALING TIME
Ear Lobe, Tongue	1 – 2 months
Ear Cartilage, Belly Button	6 – 12 months
Eyebrow, Nose, Septum, Lip/Labret, Dermal Anchor/Skin Diver	2 – 4 months
Nasal Septum	3 – 4 months
Surface to Surface	3 – 6 months
Monroe / Cheek	3 – 5 months
Nipple	4 – 6 months

### What's normal during healing?

- Some discharge around the jewellery and piercing is normal. This is the bodies natural defence system working to repair and protect the piercing.
- Skin can “stick” to the jewellery. It will dislodge once the outer layer of skin around the piercing has healed.

- A small amount of swelling is normal, providing the jewellery does not sink into the skin. We pierce with larger jewellery to allow for possible swelling.
- Some minor pain. Avoid knocking your piercing.

### Tongue & Lip Piercing After Care

Rinse with an alcohol-free mouthwash and Difflam Anti-inflammatory Gargle (separately) at least 3 times a day, after eating. Avoid smoking and alcohol during healing. Swelling and discomfort is to be expected for a few days.

### Dermal / Surface Piercing After Care

Leave dressing on for 24 hours then remove. Dressing should be worn during the night for the first 7–10 nights. Do not undertake any form of tanning while piercing is healing.

### When can I change my jewellery after getting pierced?

Refer to the chart regarding healing times.

### Why is there a bump/lump on my piercing?

Piercing bumps are a response of your immune system. Solutions include:

- Changing the jewellery to Titanium or Bioplast (the safest and least irritating choice);
- Reduce knocking or bumping your piercing;
- Avoid excessive cleansing and continue using Sterilear 2;
- Use Bump Discs which provide pressure and help reduce inflammation. Available in salon.

### Do you have further questions?

On the piercing procedure, requirements, parental consent, double operator ear piercing for our little customers or our most popular sellers below? Find the answers to all your questions at [essentialbeauty.com.au](http://essentialbeauty.com.au).

