

# Congrats, you just got pierced! Now let's help you heal properly.

CARING FOR YOUR NEW PIERCING IS JUST AS IMPORTANT AS THE PIERCING ITSELF.

safe piercings for all  
**Tindik**

## 1. Be Patient

We understand that you are excited & want to change your earrings immediately; but please don't until they properly heal!



LOBE  
PIERCING

MINIMUM  
6 WEEKS



CARTILAGE  
PIERCING

MINIMUM  
24 WEEKS

Remember everyone heals differently.

Do not take off your earrings & leave your piercing empty for more than 24 hours to avoid risk of the hole closing.

## 3. Be Careful

Be extra careful not to get your piercing tangled when you change clothes & putting on mask/hijab. **FOR HELIX PIERCING**, it is not recommended to wear helmet for too long.

**DISINFECT** anything that goes in, on, or around your ears daily to decrease the risk of bacteria. This includes cellphone, headphone, airpod, glasses, headband, etc.

**DO NOT SLEEP ON YOUR HELIX PIERCING SIDE.** This will irritate the piercing & slow down your healing process.

Avoid your earrings being exposed to sunscreen, perfume or cosmetic. If exposed, immediately clean them with Piercing Care Solution.



If you have sensitive ears, only use hypoallergenic earrings (nickel-free) to prevent allergic reaction.



Swimming and other extreme sports may irritate your new piercing. Immediately clean your piercing with Piercing Care Solution afterwards.

## 2. Keep it Clean

Wash your hands before touching or cleaning your piercings.



Clean your piercing 2-3x a day by applying Piercing Care Solution; 1 drop on the front & back of the newly pierced area. Use cotton bud to clean up any build up on the piercing area.

Please always keep the piercing clean & dry after shower or any other activities.

TIPS FROM OUR PIERCER:

It is recommended to wait at least 1 year before wearing bigger & heavier earrings.

## 4. Stay Calm & Don't Panic

The first few days it is normal that you will experience the following reactions on your newly pierced skin:

- Minor bleeding & pain
- Localized swelling & slight bruising

**DO NOT PANIC & DO NOT REMOVE YOUR EARRINGS.**

Please continue applying Piercing Care Solution 3-4x daily until it gets better & make sure you follow the aftercare regime properly.

The reactions will subside after a few days. Should it gets worse, see your physician or contact Tindik Care via whatsapp immediately.

You're always welcomed to Tindik Studio. Our in house doctors and piercers are more than happy to assist on your healing process.



WHATSAPP  
TINDIK  
CARE

# Tindik

EAR PIERCING

AFTERCARE

## 1. Bersabarlah

Anting hanya boleh diganti setelah masa penyembuhan selesai.



TINDIK LOBE  
MINIMAL  
6 MINGGU



TINDIK HELIX  
MINIMAL  
24 MINGGU

Masa penyembuhan setiap orang berbeda-beda.

Jangan melepas anting dan membiarkan lubang tindik terbuka lebih dari 24 jam karena lubang dapat menutup.

Disarankan untuk tidak memakai anting yang terlalu besar dan berat di 1 tahun pertama.

## 2. Jaga Kebersihan

Selalu cuci tangan sebelum menyentuh atau membersihkan anting.

Teteskan area tindik dengan Piercing Care Solution 2-3x sehari; 1 tetes depan dan 1 tetes belakang lubang piercing. Bersihkan dengan cotton bud jika ada kotoran.



Jagalah area tindik tetap bersih dan kering terutama setelah mandi atau berolahraga.

## 3. Berhati-hati



Berhati-hati saat mengganti baju, melepas masker atau hijab supaya tidak tersangkut.

Khusus area Helix, **DILARANG TIDUR MIRING (MENEKAN) TELINGA TERSEBUT.** Disarankan juga untuk tidak menggunakan helm terlalu lama.

Jangan menyentuh anting terlalu sering dan dengan tangan yang kotor. Lindungi anting dari pemakaian sunscreen, parfum, atau cosmetic. Segera bersihkan dengan Piercing Care solution.



Untuk telinga sensitif, pilih dan gunakan anting hypoallergenic (tanpa nickel) untuk menghindari resiko alergi.



Hindari berenang atau berolahraga ekstrim yang bisa melukai area tindik. (Catatan : Bila tidak dapat dihindari, segera bersihkan telinga dengan Piercing Care Solution)

## 4. Tetap tenang Jangan Panik

Dalam beberapa hari pertama, normal jika anda mengalami:

- Sedikit berdarah & rasa nyeri
- Sedikit kemerahan dan bengkak atau memar

Pada telinga yang baru ditindik; **MOHON JANGAN PANIK DAN JANGAN LANGSUNG MELEPAS ANTING.**

Silakan gunakan kembali Piercing Care Solution 3-4x sehari dan ingat untuk selalu menjaga area tindik dengan baik.

Keadaan ini harus nya membaik dan sembuh dalam beberapa hari. Bila nyeri & bengkak bertambah atau bernanah segera chat Tindik Care untuk penanganan lebih lanjut.



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TINDIK  
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