

Tindik

Piercing Aftercare

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

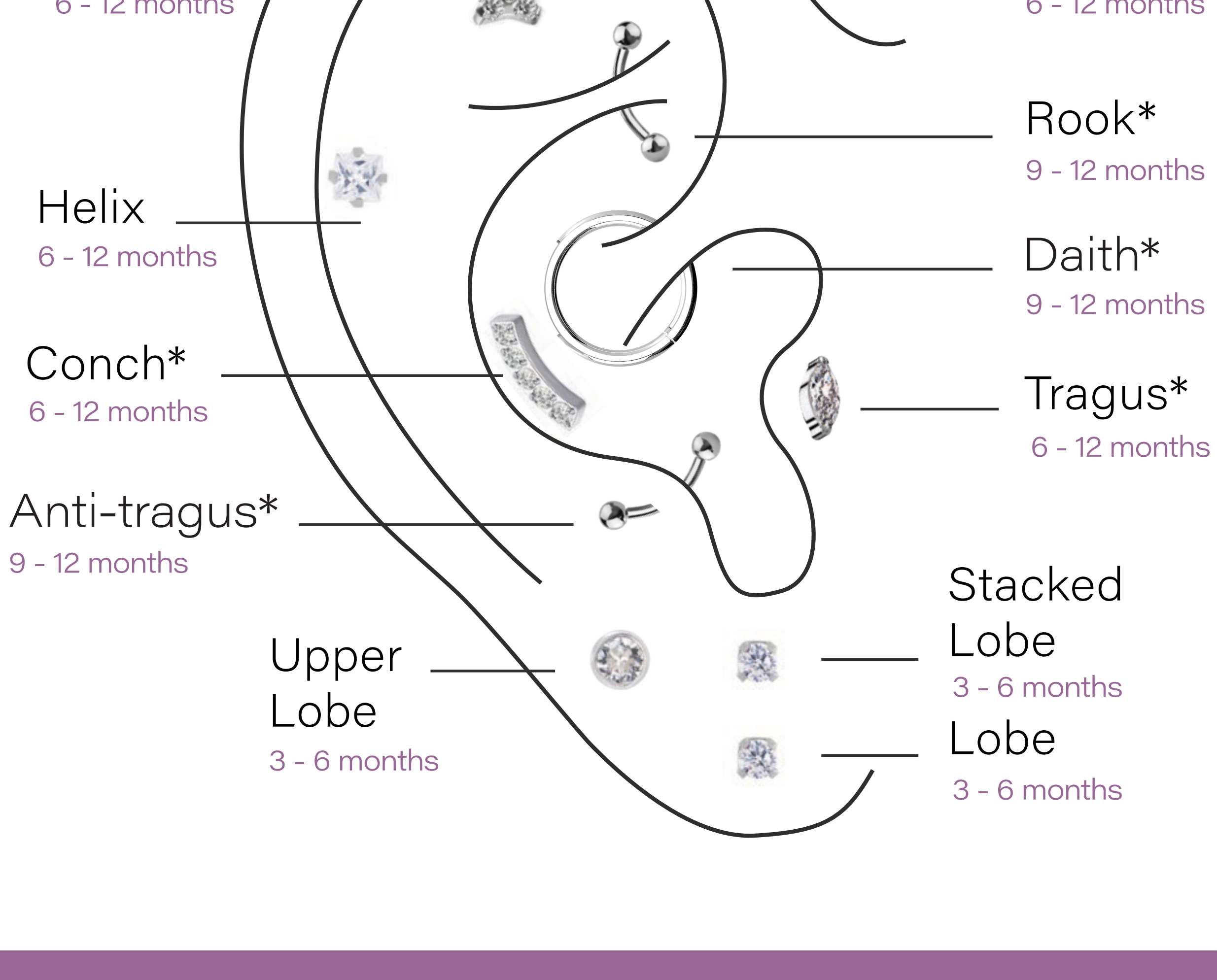
Caring for your new piercing is just as important as the piercing itself.

HEALING PERIOD:

Lobe : 3 - 6 months

Helix, Forward Helix, Flat, Conch, Tragus, Nostril : 6 - 12 months

Rook, Daith, Anti-tragus : 9 - 12 months



Remember, everyone heals differently.

Do's

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

Pastikan tangan selalu bersih sebelum membersihkan area tindik. **Jaga kebersihan benda yang sering bersentuhan dengan area tindik** seperti handphone, earphone, helm dll.

Bersihkan area tindik dengan **Piercing Care Solution** 2-3x sehari dengan cara diteteskan ke area tindik depan dan belakang. Bisa juga menggunakan cotton bud.

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

Anting hanya boleh diganti setelah masa penyembuhan selesai.

Kriteria sembuh:

Tidak ada keluar cairan/nyeri/bengkak/kemerahan/berdarah/bumps di area piercing.

Dont's

Berhati-hati

Khusus area **kartilago**, hindari tidur miring (menekan) telinga tersebut.

JANGAN GUNAKAN CARIAN APAPUN SELAIN PIERCING CARE SOLUTION KE AREA TINDIK BARU. Hindari sunscreen, parfum & kosmetik di area tindik baru. **Jangan terlalu sering menyentuh anting.**

Hindari mengonsumsi minuman beralkohol 1-2 hari setelah piercing.

Hindari berenang atau berolahraga extreme selama beberapa minggu pertama.

Pada area yang baru ditindik; mohon **jangan panik dan jangan langsung melepas anting** ketika ada sedikit darah, nyeri, kemerahan & bengkak.

Jaga Kebersihan

Tetap Tenang

Gunakan kembali Piercing Care Solution 3-4x sehari.

Bila dalam 3-5 hari nyeri & bengkak bertambah segera ke dokter terdekat atau chat Tindik Care via Whatsapp.

Downsizing wajib dilakukan untuk helix, forward helix, flat, tragus, conch & nostril.

Downsizing diperlukan agar proses penyembuhan tindik (kartilago) menjadi lebih baik dan nyaman!

Apa itu downsizing?

Proses tindik dilakukan dengan anting tindik yang lebih panjang yaitu **8-10 mm**, untuk memberikan ruang saat proses penyembuhan. Setelah proses penyembuhan mereda, **disarankan untuk mengganti anting yaitu dengan panjang 6-7 mm** (proses ini disebut '**downsizing**')

Downsize mengurangi risiko bengkak, benjolan (*bump*) pada area tindikan, mencegah perubahan sudut (*angle*) turun/miring akibat tekanan misalnya saat tidur, memakai helm, dll..

Downsize dilakukan ketika penyembuhan sudah mereda, dan saat tindikan sudah tidak terasa nyeri terutama saat disentuh atau ditekan. Biasanya membutuhkan waktu 4-6 minggu setelah tindik sampai bisa dilakukan *downsize*.

Panjang anting yang pas mengurangi risiko anting tertarik/tersangkut rambut, dll...

TIPS DARI PIERCER:

Disarankan mengganti ke anting berat/gantung/bulat setelah tindikan sembuh total (lobe $\pm$ 6 bulan, kartilago $\pm$ 12 bulan)

Jangan biarkan tindikan baru Anda tanpa anting lebih dari 24 jam & hanya gunakan anting hypoallergenic (nickel-safe) untuk penyembuhan optimal & mencegah reaksi alergi.

Do's

Be extra **careful not to get** your piercing **tangled** when you change clothes & putting on mask/hijab.

Wash your hands before touching your new piercings. Keep the piercing **clean and dry** after shower, swimming or any other sport activities.

Disinfect anything that goes in, on, or around your piercings daily to decrease the risk of bacteria. This includes cellphone, headphone, headband, etc..

Gently **clean the front & back of your piercing** with a cotton bud soaked in Piercing Care Solution **2-3 times a day.**

Earrings should only be replaced once the piercing has healed.

Criteria for healing:

No fluid coming out of the piercing hole, no redness, pain, blood & bumps in the piercing area.

Be Mindful About

Hygiene is Priority

What to Expect

Dont's

Avoid sleeping or putting any kind of pressure on the pierced side.

DO NOT USE ANYTHING OTHER THAN THE PIERCING CARE SOLUTION ON YOUR NEW PIERCING.

Avoid alcoholic beverages for the next 1-2 days after piercing.

Avoid exposure to sunscreen, perfume, cosmetic, lotions, etc.

Don't freak out & don't remove your earrings when you experience minor bleeding, swelling, itching, localised bruising. It's a normal sign of the healing process.

Continue applying Piercing Care Solution 3-4 times daily.

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

Did you get a cartilage piercing?
Now, learn about **Downsizing** for an even better healing!

What is Downsizing?

Downsizing must be done for the following piercings: Helix, Forward Helix, Flat, Tragus, Conch & Nostril.

You will initially be pierced with a longer post (8-10 mm) to accommodate potential swelling during the early stages of piercing

Downsizing prevents movement and piercing angle to move due to pressure from being slept on, etc

It also **reduce risk of infection or piercing bumps** allowing the piercing to heal properly

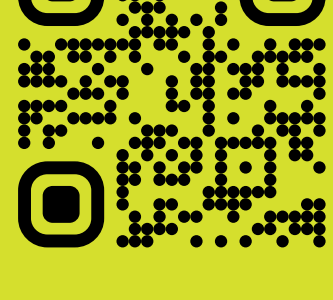
Downsizing to a shorter post (6-7 mm), typically done 4-6 weeks after the piercing has gotten better

Shorter post means more comfort & less gap for the earrings to get snagged or pulled by accident.

TIPS FROM YOUR PIERCER:

It is recommended to wait until you have fully healed (lobe $\pm$ 6 months, cartilage $\pm$ 12 months) before wearing bigger/heavier/hoop earrings.

Do not leave your new piercings without earrings for more than 24 hours & only use hypoallergenic earrings (nickel-safe) for optimal healing & to prevent allergic reactions.



You're always welcomed at Tindik Studio. Your piercer is more than happy to assist on your healing process.

Whatsapp Tindik Care

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