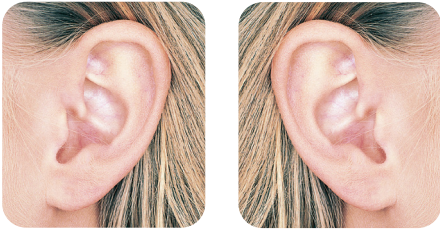


Client journal

THE EARS WERE PIERCED HERE:



Fill in the client journal and the upper part of the aftercare instructions. Tear off the aftercare instructions and give to the client. The client agrees to the terms and conditions by signing this client journal, which is then filed away.



EAR PIERCING CARRIED OUT:

DATE

BY

STER LOT

ART NO/REF

☐ I confirm that I have received written aftercare instructions and hereby approve the conditions therein. Also that there are no ailments (see the reverse side of the aftercare instructions) which make it advisable to refrain from having my ears pierced. I accept that my personal data will be saved for a maximum of 1 year for product traceability.

CLIENTS/GUARDIAN'S SIGNATURE

CLARIFICATION OF SIGNATURE

E-MAIL

MOBILE

Aftercare instructions

DATE WHEN THE EAR
PIERCING WAS DONE

TIME FOR NEXT VISIT

STER LOT

ART NO/REF

TERMS AND CONDITIONS:

- I am of legal age. Parental/guardian consent is required if client is under legal age.
- I am/minor is in good health and do not have any ailments which makes it recommendable to refrain from ear piercing (for examples of ailments see reverse side of these aftercare instructions).
- Blomdahl's piercing earrings are developed in consultation with skin specialists to be suitable for everybody, even those who already have nickel allergy. You can choose from earrings that are made of carefully selected plastic (0% nickel) and titanium of pure medical quality. The coating is applied only to the parts of the earrings that do not come into direct contact with your skin. Piercing earrings are moreover designed for optimal healing.
- Blomdahl's medical piercing is designed according to what is known as "modern aseptic technique" within the health care industry. This means that our products and methods are safely designed in order to avoid the spreading of infections when piercing. However I am aware that, after the piercing, the holes are my own/guardian's responsibility. A new piercing is the same as a small wound. Therefore it is important to take care of it correctly during the healing period, so it does not get infected. I am also aware that piercing the upper part of the ear can pose a higher risk of infection and that also the healing time is longer than in the soft part of the ear. By following the aftercare instructions I minimize the risk of infection.



BLOMDAHL

www.blomdahl.com

AFTERCARE INSTRUCTIONS – IMPORTANT INFORMATION

- Never touch your ears with unclean hands.
- Wash your newly pierced ears (on both sides) thoroughly twice a day. Do not remove the earrings when cleansing. Cleanse with liquid soap and rinse thoroughly with clean running water. Dry with a tissue or Qtip. Alternatively, cleanse with Blomdahl Piercing Aftercare* cleansing swabs, which are gentle on the skin. The swabs make it possible to clean between your ears and the earrings/earring backs. Allow to air dry. Use a new cleansing swab for each ear, each time. Note! Do not clean with alcohol.
- Make sure that the area around the holes is kept clean, dry and airy at all times.
- Cover your ears when applying make up, hair spray, spray perfume, hair-dye, etc.
- Take extra care when you are putting on/pulling off clothing over your head, in order to prevent the earrings from getting caught.
- Bathing in a swimming pool, lake or sea: wait for as long as possible after the piercing and avoid keeping your head under water. When you come out of the water, cleanse with liquid soap and rinse with clean running water or use Blomdahl Piercing Aftercare cleansing swabs – see point 2 above.
- After approx. 6 weeks (cartilage approx. 12 weeks) you can change to new earrings. This is how to remove the piercing earrings:** wash your hands and ears thoroughly. With one hand, take hold of the jewellery part (front) of the piercing



- earring. With the other hand, wriggle the earring back, back and forth, until you feel it loosens. Carefully remove the piercing earrings and put in new, clean earrings.
- It takes up to a year before the holes are completely healed. Hence consider the following:
 - Always wear earrings. If you go without, the holes can shrink and/or close completely.
 - Take extra care when changing earrings. The skin that has grown within the holes is still thin and delicate and can easily tear, which may cause an infection. Therefore, always make sure to wash your earrings and your hands before the change, and make sure that the area around the holes is kept clean, dry and airy. If you use earrings with earrings backs, these should not be pressed tightly against the back of the ear as this can increase the risk of embedding.
 - The risk for developing a contact allergy is at its greatest during the first year. This is why it is extra important to wear safe earrings during this time. We recommend skin friendly jewellery from Blomdahl – see back of the aftercare instructions.
 - Carry on cleansing and regularly check your ear piercings during the whole first year.

IMPORTANT! Redness and/or swelling and/or pain and/or rashes are indicative of a possible infection: if the hole is placed in the soft part of the ear (ear lobe), remove the piercing earring and cleanse. If there is no improvement the following day, contact your doctor. If the hole is placed in the cartilage part of the ear, remove the piercing earring, cleanse and seek immediate medical attention. Do not put the piercing earring back in again, let the hole heal.

*Purchase from your ear piercing practitioner or from the website.

For more questions and answers (FAQ) visit www.blomdahl.com

I am aware that I should consult my doctor before having my ears pierced, if for example I have any of the following conditions:

- Contact allergy
- Any skin disease or eczema, eg psoriasis
- Diabetes
- Infected wounds
- Previous problems with wound healing / keloid formation
- Heart disease
- Antibiotic resistance, eg MRSA
- Belong to an immunocompromised group (incl. pregnant women)

- Have an implant / prosthesis
- Coagulation disorders / bleeding tendency / uses blood-thinning drugs
- High or low blood pressure
- Epilepsy or other neurological disease
- Hepatitis B, C or HIV

In case of a temporary infection / inflammation in the body, you should wait to get your ears pierced until you are healthy again.

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In case of a temporary infection / inflammation in the body, you should wait to get your ears pierced until you are healthy again.

The first-year earrings are extra important



After about 6 weeks (approximately 12 weeks for cartilage), you can switch from your piercing earrings to other earrings. However, did you know that it can take up to a year before the piercings are fully healed and that the risk of developing nickel allergy therefore is at its greatest during this first year?

By being extra careful in your choice of earrings during this period, you help your skin stay healthy.

In consultation with skin specialists, Blomdahl has developed skin friendly earrings, which are proven to be kind to the skin and thus suit everyone, especially those who have just had their ears pierced.

One tip to facilitate the healing process during the first year is to use our pendant earrings. These make it easier to keep the area around the newly pierced holes clean, dry and airy.



< Digital aftercare instructions



Cleansing made easy

Keep your newly pierced ears clean by using Blomdahl Piercing Aftercare cleansing swabs:

Easy to use

Easy to cleanse between the ear and jewellery/earrings back

Kind to the skin

Totally without alcohol

BLOMDAHL
FEELGOOD JEWELLERY

www.blomdahl.com



MADE IN SWEDEN

