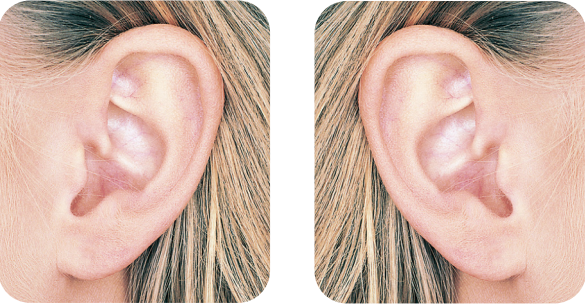


Client journal

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 have received written aftercare instructions and hereby accept the terms and 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



ART NO 301-0106 REV 13 (2022:1)

Aftercare instructions

DATE WHEN THE EAR PIERCING WAS DONE TIME AND PLACE FOR NEXT VISIT

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.
- Blomdahl's ear 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 plating is applied only to the parts of the earrings that do not come into direct contact with your skin. Ear 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. By following the aftercare instructions I minimize the risk of infection.



BLOMDAHL

www.blomdahl.com

AFTERCARE INSTRUCTIONS – IMPORTANT INFORMATION

1. Never touch your ears with unclean hands.
2. Wash your newly pierced ears (on both sides) thoroughly twice a day. Do not remove the earrings when cleansing.
 - When showering/washing your hair, use liquid soap and rinse thoroughly with clean running water. Dry with a Kleenex or Q-tip.
 - Supplementary cleansing is done 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.
3. Make sure that the area around the holes is kept clean, dry and airy at all times.
4. Cover your ears when applying make up, hair spray, spray perfume, hair-dye, etc.
5. Take extra care when you are putting on/pulling off clothing over your head, in order to prevent the earrings from getting caught.
6. 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 or with Blomdahl Piercing Aftercare cleansing swabs – see point 2 above.
7. **After approx. 6 weeks (cartilage approx. 12 weeks) you can change to new earrings. This is how to remove the ear piercing earrings:** wash your hands and ears thoroughly. With one hand, take hold of the jewellery part (front) of the ear piercing earring. With the other hand, wriggle the earring back, back and forth, until you feel it loosens. Carefully remove the ear piercing earrings and put in new, clean earrings.
8. 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 earring backs, these should not be pressed tightly against the back of the ear.
 - 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.



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 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 earring, cleanse and seek immediate medical attention.

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

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

