



Client journal

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.

NOSE 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 nose 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

ART NO 301-0206 REV 17 (2023-1)

Aftercare instructions

DATE WHEN THE NOSE 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 nose piercing (for examples of ailments see reverse side of these aftercare instructions).
- Blomdahl's piercing jewellery is developed in consultation with skin specialists to be suitable for everybody, even those who already have nickel allergy. The nose piercing jewellery are made of carefully selected titanium of pure medical quality. The coating is applied only to the parts of the jewellery that do not come into direct contact with your skin. Nose piercing jewellery 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 hole is 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.



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AFTERCARE INSTRUCTIONS – IMPORTANT INFORMATION

1. Never touch the nose piercing jewellery with unclean hands. Do not pick your nose.
2. Wash your new nose piercing on the outside of the nose twice a day. Do not remove the jewellery 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 the jewellery and the skin on the outside of your nose. Allow to air dry. Use a new cleansing swab each time.
3. Make sure that the area around your newly pierced nose is kept clean, dry and airy at all times.
4. Cover your nose when applying make up, spray perfume, etc.
5. The nose piercing jewellery has no butterfly inside the nose, only an olive shaped tip which gives it a certain amount of protection against sliding out of the newly pierced nose during the healing period. Depending on how swollen your nose becomes on the inside, the nose piercing jewellery may want to slide out. If this happens press the jewellery back into place with a clean finger. Take extra care when putting on/pulling off clothing over your head, when you wash and dry your face, and when you blow your nose. When sleeping we recommend that you have a plaster over the jewellery as a form of protection.
6. You have a sharp point inside your nose – refrain from activities that could cause damage to your nose.
7. 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.
8. **After about 4 weeks you can change to a new nose jewellery.** Wash your hands and the outside of your nose thoroughly. Carefully remove the nose piercing jewellery and put in a new, clean nose jewellery.
9. It takes up to a year before the hole is completely healed. Hence consider the following:
 - Always wear a nose jewellery. If you go without, the hole can shrink and/or close completely.
 - Take extra care when changing nose jewellery. The skin that has grown within the hole is thin and fragile and can easily tear, which may cause an infection. Therefore, always make sure to wash your jewellery and your hands before the change, and make sure that the area around the hole is kept clean, dry and airy.
 - 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 nose jewellery during this time. We recommend skin friendly jewellery from Blomdahl – see back of the aftercare instructions.
 - Carry on cleansing and regularly check your nose piercing during the whole first year.



IMPORTANT! Redness and/or swelling and/or pain and/or rashes are indicative of a possible infection. Remove the jewellery, cleanse and seek immediate medical attention. Do not put the nose piercing jewellery in again, let the hole heal.

*Purchase from your nose 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 nose 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 nose pierced until you are healthy again.

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Jewellery that makes you feel good

Blomdahl cares about helping everyone feel beautiful, every day. That's why we always go the extra mile and pay special attention to details.

It applies to everything – from the materials we choose, to our production and the level of quality that is in line with the life you want to live. We design with love and care and are so selective in our choices that everyone, even you with skin that needs extra care, can wear jewellery from Blomdahl. The only things you need to consider is what you think is beautiful and what you like the most. Because, you can be sure that we've already thought about everything else.

It's "loving care you can wear", every day of the week and for all your special occasions.



Cleansing made easy

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

- Easy to use
- Easy to cleanse between the nose and the jewellery
- Kind to the skin
- Totally without alcohol

Digital Aftercare instructions



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FEELGOOD JEWELLERY

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