

NAVEL AND NIPPLE PIERCINGS



Approximate Healing Time: 4 - 6 months

First and foremost: do not touch your piercing unless you are cleaning it. Touching the piercing without first thoroughly washing your hands almost guarantees heavy irritation and infection.

First, wash hands thoroughly, and then pump a liquid antibacterial soap into your palm. Work soap to a lather and gently massage lather into piercing. Continue cleaning in this manner until the scab tissue breaks up from the moisture. After the scab dissolves, move jewelry back and forth or rotate in order to get the soap into the piercing. After completely soaped, continue movement while rinsing the area. Rinse about twice as long as you have just cleaned, to insure that all of the soap is absent. If your jewelry is a barbell, check the beads to make sure they are tight. A saline or sea-salt soak afterward will promote healing and fight irritation. You may buy saline, or make it yourself by using 1 tsp. Sea-salt or Epsom salt to 1 qt of purified water. Use about 4 oz of fluid. Heat to slightly warmer than body temperature then invert cup onto piercing. Let soak for 3 - 5 minutes in solution. You may also use Basting as an irrigator after cleaning. Repeat this 2 - 3 times daily. Regularly taking a multi-vitamin that includes B and Zinc will further facilitate healing. For navels, try to avoid any pant or skirt waistbands that will put any pressure on the piercing as this frequently causes migration. Do not use crèmes and/or ointments on piercing. Avoid oral contact and community waters for no less than 3 months. Do not change jewelry for at least 4 months, preferably longer.

Your piercing was performed by:

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