

Guidelines for Navel piercing

In the first 6 weeks:

No chlorinated water. No herbal/bubble baths.
Make sure to only touch the piercing with clean hands.
When sunbathing, be sure to cover the piercing.
Do not wear clothes that press against the piercing.
If your trousers/jeans are touching the piercing, leave the top button open.
Clean the area twice daily.

Aftercare care for your piercing:

Always wash your hands before touching the piercing.
Wash twice daily with an unscented soap, such as Unicura, or rinse with a sea salt solution. (See below).

Whilst showering: Ensure that the piercing is the last part of yourself that you wash. The rest of your body must be clean before cleaning the pierced area.

Clean around the area of the piercing and the jewellery itself. Make sure the bar is free of any dirt before attempting to move it. Then rinse the soap off with the shower.

Always use clean cotton swabs and/or cotton pads.

At the sink: Wash twice daily with an unscented soap, such as Unicura. Use a clean cotton pad to clean around the area of the piercing and the jewellery itself.

Always use clean cotton swabs and / or cotton pads.

Ensure that the area is free of scabs before attempting to move the jewellery.

Turn or move the jewellery whilst soapy, and rinse it off again afterwards. Then dry the piercing with a clean tissue.

Be sure to clean and dry the inside of your navel thoroughly, as when wet, this area becomes a perfect breeding ground for bacteria.

Do not use alcohol or Sterilon, as this will dry the wound too much. Do not use Betadine with gold jewellery, as this will make the jewellery dull.

Do not turn or move the piercing whilst dry! This will cause the wound to open up again.

Further:

How long it takes for a piercing to heal depends on the type of piercing. Usually, after three weeks the pain will subside.

After a few days, you may find that the area on the upper side of the piercing becomes red. This is perfectly normal for a navel piercing.

A navel piercing heals in about 4-9 months.

Alcohol, drugs and lack of sleep have a negative effect on the healing process and will extend the healing time significantly.

Your jewellery is made from titanium. If you swap it for another piercing made of nickel or surgical steel, then the area may become infected (if you have an allergy to these metals) and your body may try to reject the piercing. Rejection is similar to when you have a splinter, and your body slowly pushes the object out of your skin over time.

It doesn't matter how well a piercing is placed on the body. If the body wants to reject the piercing, it will. And this cannot be stopped.

In cases of inflammation/alternatives to soap:

Even if you follow all of the instructions, your piercing may still become infected.

Do not remove the jewellery. The jewellery keeps the wound open, which helps the body reject any infected material.

Soak the piercing twice daily with a salt solution (1 small teaspoon of course sea salt without additives in a glass of boiled water, which is then allowed to cool.) Do this with a clean cotton pad.

Place the glass with the lukewarm solution for about 2 minutes against the skin. Make sure there is no dirt on the jewellery, move or rotate it, and repeat. Rinsing off is not necessary.

There is no improvement after a week, then please contact us.