

Guidelines for nipple piercings:

In the first 6 weeks:

No chlorinated water. No herbal/bubble baths.
Make sure to only touch the piercing with clean hands.
Do not wear clothes that press against the piercing.

Aftercare care for your piercing:

Always wash your hands before touching the piercing.
Wash twice daily with an unscented soap, such as Unicura
Always use clean cotton swabs and/or cotton pads.

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.

Ensure that no other kind of soap or shampoo comes into contact with the piercing during the healing period.

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.

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 two weeks the pain will subside.

A nipple piercing heals in about 6-9 weeks.

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

Care should be taken when doing any physical activity. If you wish to do any physical activity that may cause abrasion to the area, then Use of a skin patch is recommended.

If the area continues to leak any fluid, treat it as if it is infected.

In cases of inflammation:

Infections are rare in nipple piercings. They respond very well to antibiotics, which can be obtained from your doctor if required.

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.

In cases of severe redness, swelling or pussing, you should contact your doctor.