



Gurkha Tattoo Family Pte Ltd

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NIPPLE PIERCING AFTERCARE



Nipple piercings usually take about 6 to 9 months or longer to heal. Sore or tenderness is normal. This piercing can take a long time to heal, and it may act up for no apparent reasons even after many months of stability. It may be due to tight clothing, snagging or physical activities, and other factors.

There is no medical evidence that piercings increase the risk of cancer, and nipple piercings do not ordinarily prevent breastfeeding as the average female nipple has approximately 20-30 milk ducts. You may remove the jewelry from your healed piercing and replace it after breastfeeding, or you can let the jewelry remain intact.

If a small lump forms around the piercing, do not panic or remove the jewelry. Their small lumps are called Granulomas and usually occurs when the piercing has smacked or the jewelry has been taken out and re-inserted damaging the wound.

Apply a hot compress to the wound at least once or twice a day. Soak a ball of clean cotton wool in hot water, making sure that it is not hot enough to burn the skin but warm enough to penetrate the wound. Place it on your wound and remove it only when the heat dissipates. Continuously do this for about 5 to 15 minutes every day until the lump disappears.

- Women should wear a comfortable bra to sleep, and men should wear a clean shirt or bandage the piercing up before sleeping to prevent accidental tears.
- Clean the piercing every day by soaking it in lukewarm water with a cotton ball, gently removing all the crusting and dirt.
- Thoroughly clean off all the crusting around the piercing as it can concrete around the jewelry. It may result in a tear the inside of the wound when the jewelry shifts. It may lead to inflammation and delayed healing.
- Remember always to dry your piercing with a clean cotton bud afterward.
- You may use a saline solution to clean your piercing.
- Soak your piercing with saline solution for 2-5 minutes and then rinse thoroughly with water. Dry with a clean cotton bud.
- AVOID swimming as the water in the swimming pool and oceans are contaminated and may cause the piercing to be infected.
- AVOID use alcohol or any solution containing alcohol or hydrogen peroxide on your piercing.
- DO NOT touch, turn or play with the jewelry during the healing period except for when you need to clean it. Doing so may tear the piercing.
- DO NOT pick at the scabs or crust as this will cause excessive scar tissue formation and lead to infections.
- DO NOT remove or change the jewelry on your own until it healed.

Enjoy your new piercing and do give us a call or drop by the store if you need assistance or have any questions. We will be happy to assist you.