



Gurkha Tattoo Family Pte Ltd

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NAVEL PIERCING AFTERCARE



Navel piercing usually takes about 6 to 9 months or longer to heal.

This piercing is not an easy piercing to heal as the abdomen lacks blood supply which causes slow healing. Sometimes the normal movement of the body and friction from clothing may cause problems to the piercing.

It is normal to have a bit of discoloration placing and discharge from the piercing.

If a small lump forms around the piercing, do not panic or remove the jewelry. These 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.

The best course of action is to apply a hot compress to the wound at least once or twice a day.

Soak a clean cotton ball 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.

- 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 crust around the piercing as it can concrete around the jewelry. It may result in a tear the inside of the wound when the jewellery shifts. It may lead to inflammation and delayed healing.
- Remember always to dry your piercing with a clean cotton ball 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 ball.
- Wear comfortable loose clothing and avoid high waist jeans or shirt.
- AVOID swimming as the water in the pool and oceans are contaminated and may cause the piercing to be infected.
- AVOID sit-ups, stretching, or any rough movements that may cause the piercing to tear.
- DO NOT use alcohol or any solution containing alcohol or hydrogen peroxide on your piercing.
- DO NOT touch, turn or paly with your 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. Give it a minimum of 3 months or longer before replacing the jewelry.

Enjoy your new piercing and do give us a call or drop by the studio if you need help or have any questions.

We will be more than happy to assist.