

Congratulations on Your New Piercing!

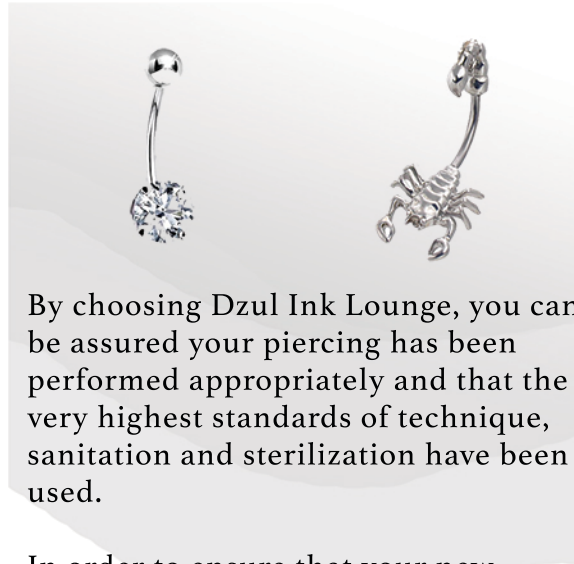
WHAT TO EXPECT:

Your Piercing...

- May be slightly swollen, bruised and tender for a few weeks.
- May Bleed Slightly and will typically show a small amount of redness while healing.
- Will typically have a slight discharge, whitish-yellow in color, which can form into a crust on the jewelry. These “crusties” are the body’s waste material generated from the healing process.

Special Considerations for your Piercings:

- If you are wearing a barbell, check for tightness several times daily. Right is tight, left is loose!
- If you are wearing a captive bead ring, check for tightness by squeezing both sides of the ring together. The bead should spin but not be able to move back and forth.
- Oral contact with the piercing should be avoided for at least 3 months without a barrier.
- Always keep lotions away from the piercing.
- Use a water permeable bandage such as Tegaderm or Polyskin for the first 3 months when swimming or when soaking in the bathtub.
- All clothing should be clean, breathable cotton. Avoid polyester blends, nylon, and Lycra during the healing time.
- It is best to wear a top to sleep in for the first 3 months to prevent infection.



By choosing Dzul Ink Lounge, you can be assured your piercing has been performed appropriately and that the very highest standards of technique, sanitation and sterilization have been used.

In order to ensure that your new piercing heals quickly and without complications, an appropriate aftercare regimen must be followed.

All of our suggestions are made based on our professional experience and research in the piercing industry. Please follow through our suggestions so you can get the most out of your new adornment.

Please Note:

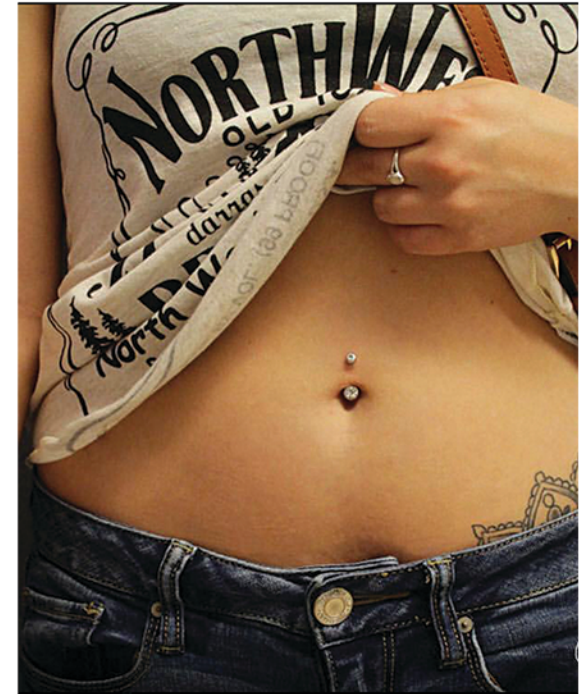
Any suggestions or comments made regarding your aftercare, verbally or printed, are not to be construed as professional medical advice.



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AFTERCARE

How to take care of your new
NAVEL piercing

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Cleaning your new piercing

Cleaning:

To be performed once a day.

Generally this is easiest in the shower.

- Remove any crusted matter from the jewelry and/or the area surrounding the piercing. This can be done using a cotton swab, paper towel, or tissue saturated with water.
- Place a small drop of soap into the palm of your hand. Rub your hands together to form a lather and apply to your piercing.
- Wait 30 seconds & then run water over piercing and thoroughly rinse off the soap.

What Can Help a Piercing Heal?

- Don't play with your piercing. The more friction, movement or contact a piercing experiences, the more likely the chances of a problem developing.
- Appropriate jewelry is extremely important. All jewelry should be custom sized for each individual.
- It is crucial to eat a healthy and nutritious diet. The general health of your body is an important factor in the length of time it will take for your piercing to heal.
- Avoid over cleansing or using inappropriate substances or cleansers. Products such as antibiotic ointments, hydrogen peroxide, alcohol, Bactine® or ear care antiseptics typically do more harm than good.
- Changing the jewelry too soon or wearing inappropriate jewelry can lead to complications. Remember every person's piercing is different.

Soaking:

Performing a sea salt soak once a day has been shown to facilitate healing. Wash your hands!

- Dissolve 1/8 teaspoon of sea salt in a clean 8oz container (glass, medicine cup, shot glass etc...) of warm water. The solution should be no saltier than your tears.
- Soak for a minimum of 5 minutes but no more than 10 minutes.
- Dry area with cotton swabs, gauze, paper towel or tissue.

What About Infection?

An infection is caused by contact with bacteria, fungi or other similar living pathogens. The chances of your piercing becoming infected are very minimal if appropriate precautions are taken.

MOST PIERCING INFECTIONS

ARE A RESULT OF:

- Touching the piercing or jewelry with unwashed hands; yours or another's
- Oral Contact with the piercing
- Contact with other people's bodily fluids during the healing period

SIGNS OF INFECTION

Although these signs may indicate other problems, common signs of an infection are:

- Severe Redness
- Prolonged swelling or hardness around the piercing
- Pain; particularly throbbing pain
- Piercing is warm to the touch
- Thick discharge; yellow or green in color

WHAT ABOUT REJECTION?

Not every piercing can heal successfully as variations in anatomy and environment cannot always be predetermined. All piercings have the potential to reject (migrate, grow out, etc...) although some are more likely to do so than others. When a piercing rejects, the jewelry can appear to be moving towards the surface and becoming increasingly "shallower." Pain is generally not associated with rejection. If you are concerned about rejection, we suggest letting your piercer examine the piercing.

WHAT IF I SUSPECT AN INFECTION?

- Do not remove the jewelry! Doing so can create an even larger problem by trapping matter inside the piercing and closing off access to the infected areas.
- A visit to your piercer may shed some light on the issue, however only a physician can diagnose and treat an infection.
- An infection in a piercing can lead to more serious complications if left untreated.

Navel:
4-12 Months

Healing Times:
Although everyone heals at a different rate, average healing times are: