

## Navel Piercing

Your navel has been pierced with the titanium jewellery of your choice. This jewellery should be kept in for a minimum of 12 weeks.

Navel piercings usually take 3-6 months to heal completely. During this time expect swelling, redness, pussing / crustiness and tenderness.

WITH CLEAN HANDS, clean it 2-3 times a day using a sea salt water solution:

### Cleaning Solution:

Dissolve 1/2 a level teaspoon of sea salt (NOT table salt) in 1/2 a pint of boiled water. Do not make it any stronger than this as it will dry out your piercing.

Stir to dissolve and allow it to cool to a comfortable temperature.

Using a cotton bud, drip the solution over and around the piercing.

Over cleaning your piercing is just as bad as not cleaning it at all.

Avoid touching your piercing as this can introduce bacteria and cause infection.

It is very important to keep your piercing clean while it is healing.

A small number of navel piercings can reject and grow out.

### PLEASE NOTE:

Once you have left the studio your piercing is YOUR responsibility! Please contact us if you have any queries so that we can advise you.

**0115 9500004**

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