

BODY PIERCING

— COMPANY —

Aftercare FAQ

After getting a body piercing a bump might appear around the site of the piercing.

Why does it happen and what can be done to get rid of it?

A range of different things can cause a piercing bump, including infections and allergic reactions. There are several easy ways to reduce swelling and allow a piercing to heal which should help make the bump disappear.

What causes a bump?

A raised area around the piercing may be caused by:

- tissue damage - if the piercing gets knocked or is removed too early
- infection - if the piercing is not kept clean
- an allergic reaction to the jewellery
- trapped fluid creating a lump or bump (similar to a blister)
- a keloid, which is a type of raised scar
- a granuloma, which is inflamed tissue that usually appears as a raised reddish spot

Keloids are relatively uncommon and should be diagnosed and treated by a doctor or dermatologist. A keloid around a piercing will appear as a round, raised bump that is skin toned or darker than the surrounding skin. It may cause pain, itching or tenderness and will feel firm to touch.

A granuloma can form as the body's immune system tries to fight off something it thinks may harm the body. Usually, this is bacteria or a virus that could cause infection, but it can also be a reaction to the jewellery itself.

A nose piercing can take 4 to 6 months to heal, be patient and stick to a diligent aftercare.

Ways to get rid of a piercing bump

The best way to get rid of a bump depends on what caused it.

1. Use proper aftercare

Proper aftercare should prevent damage to tissue or an infection that could cause a bump.

- Do not remove your jewellery for 4-6 months.
- Clean the area twice a day using sterile saline solution.
- Avoid moving jewellery or playing with it
- Avoid swimming and hot tubs, for the first few weeks avoid long baths too.
- Do not use lotions, cosmetics or hair care products near the piercing

2. Stay with our jewellery

We only pierce with surgical grade steel, titanium or gold to avoid any possibility of allergic reaction - please do not change to alternative jewellery until completely healed - remember a healed piercing is not when "It's not sore" it's once there is a full skin tunnel (fistula) created through the hole, it can take much longer to be fully healed than you may expect and changing jewellery earlier than necessary will cause trauma.

3. Using a saline bath

A sea salt solution is a natural way to keep the piercing clean, reduce swelling and help it heal, creating a saline bath with copious amounts of saline to flush the area is a good way to keep the piercing clean and infection free. After a few weeks if you are continuing to have problems with a piercing and the area around it seems irritated, sea salt is a good alternative.

4. Apply a warm compress

Trapped fluid under the skin can cause a bump, but heat and pressure will help gradually drain it. A simple warm water compress can be made by soaking sterile medical gauze in hot water, applying it to the piercing, and holding it there with gentle pressure for a few minutes. Do not try to force the bump to drain, as this can lead to further irritation and scarring.

When to see a doctor / piercer

Some inflammation and irritation are common after a nose piercing, but these symptoms should improve within a week. If there is no improvement after 2 weeks come back and see us and we can ensure you are healing normally and that the aftercare advice is being followed.

Some symptoms, however, should be checked by a doctor:

- an uncomfortable amount of pain
- a throbbing or burning sensation, redness or heat, which could indicate an infection
- a significant amount of discharge especially if it is grey, green, yellow or has a bad smell
- fever, dizziness, confusion or nausea

You should not remove the jewellery in the months following the piercing as the hole may close up and trap an infection beneath the skin.