

# 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.