

Navel Basic Care Instructions

Information Provided by Tanks Tattoos
This document is not intended as medical advice,
consult this information with your tattoo provider.

1. New piercings should only be handled with freshly washed hands.
2. Dial antibacterial clear liquid soap for sensitive skin has works the best for most people. Only clean once a day, do not exceed more than twice a day for the entire initial healing period.
 - While in the shower let warm water soak piercing. This helps to loosen up any crusted matter.
 - Lather a small amount of soap in fingertips and wash ring.
 - Rinse well, to avoid getting soap into piercing, then rotate ring back into place.

After having the piercing for two days you need to do warm compresses for 30 Minutes once daily. You can use a rag with warm water on it or you can use a cup filled with at least 8 oz of water and ¼ tsp of sea salt (don't substitute any other type of salt and don't add more than ¼ tsp sea salt to water). Position cup around navel (to create suction), then sit up, let it soak. If a bump occurs on the piercing then increase the warm compresses to 2-3 times a day. If this does not resolve in 2 days or gets worse Please contact us.

3. You may use H2Ocean piercing after care spray *instead* of Dial soap. Follow manufacturer's directions.

****If redness or irritation occurs, try the other solution***

4. DO NOT remove jewelry during the healing process. Although it may be possible to replace jewelry, new piercings close quickly and injury to the piercing may occur.
 - Temporary healing time for navel piercing is 6 months to 2 years. After this time period you may be able to remove jewelry for short periods to change jewelry. Navel piercings may not permanently heal for 2-4 years.
5. Even light pressure, friction, and play should be avoided for the initial healing period.
6. Avoid bodily fluids; yes this includes semen and spit. This could lead to infection. Keep them out of new piercings.
7. A very clean bathtub filled with clean water is an excellent place to soak a piercing (be careful not to over soak your piercing which means no longer than a ½ hour.)
8. Avoid bodies of water such as lakes, oceans, rivers, and pools preferably for the initial healing time, but at least one month. If you do swim after one month bring an antibiotic ointment along to seal the piercing while you are in the water. Afterwards clean you piercing as directed.

These piercings become irritated easily due to constant friction from bending from clothes that is rubbing on it. *Avoid tight clothing, especially around the waist for navel piercings. Wear clothes that do not rub during the healing process. Other conditions may make you think that your piercing is infected when in fact it may be something else. If you have any problems please call or stop in.

If you piercing is warm to the touch, red, and has discolored pus drainage do not remove the jewelry and **DO NOT INCREASE CLEANING**. Contact your physician.

IF YOU FOLLOW THESE INSTRUCTIONS, YOU WILL HAVE A MORE PLEASANT RESULT WITH YOU PIERCING. If you choose to ignore your piercing or over clean it, you will more than likely have problems, possibly very serious ones. Remember: after the healing is complete, cleaning your jewelry with soap and water is an on-going process.

If you have any questions, concerns, or problems please stop in, email us (tankstat2@hotmail.com), or call us (218-498-2600) immediately.

www.tankstattoos.com