

Nipple 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 worked the best for most people. Only clean once a day, do not exceed more than twice a day for the entire initial healing time. If this seems to cause irritation or redness, then decrease cleaning or change cleaning solution. You may call us at any time for suggestions. Do not remove jewelry.
 - 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 or barbell.
 - Rinses well, to avoid getting soap into piercing, then rotate jewelry back into place.
3. If a bump occurs on the piercing 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 $\frac{1}{4}$ tsp of sea salt (do not substitute any other type of salt and do not add more than $\frac{1}{4}$ tsp sea salt to water). Position cup around nipple (to create suction), then sit up, let it soak-15-30 minutes 2-3 times a day. If this does not resolve in 2 days or gets worse, please contact us. This may also sooth an irritated piercing.
 - 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 $\frac{1}{2}$ hour.)
4. You may use H2Ocean piercing after care spray *instead* of Dial soap. Follow manufacturer's directions.
5. 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 nipple piercing is 4-6 months for females and 2-3 months for males. After this period, you may be able to remove jewelry for short periods to change jewelry. Nipple piercings may not permanently heal for 2-4 years.
6. Even light pressure, friction, and play should be avoided for the initial healing period. These piercings become irritated easily due to constant friction from clothes rubbing on it. Wear clothes that do not rub during the healing process.
 - Wearing a sports bra or tight T-shirt will help reduce friction (especially while sleeping).
 - 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.
7. Avoid bodily fluids; yes, this includes semen and spit. This could lead to infection. Keep them out of new piercings.
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.

If your piercing is warm to the touch, red, extremely sore to touch, 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 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.

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