

Navel Piercing

A navel piercing is a type of surface piercing that is generally placed at the top fold of the navel, but can be done anywhere around the navel where there is a defined fold. Navels are most commonly pierced with 14 gauge, surgical steel bent barbells. Other titanium or gold options for initial navel piercings are available upon request. Navel piercings take between 6 to 12 months to fully heal. The aftercare for navel piercings is as follows:

Soaking

Begin by washing your hands before handling your piercing and gently remove any crusted matter from the piercing using a cotton swab saturated in warm water. Once a day, dissolve 2-3 rocks (or 1/4 teaspoon) of uniodized sea salt in one cup of warm water. Form a seal with the edge of the glass against your skin and soak the piercing for five minutes. If you are having difficulty forming a seal with your cup, pour the solution onto a clean paper towel and compress the piercing with the paper towel, making sure the compress stays warm. After 5 minutes, thoroughly rinse the piercing and pat dry using a clean paper towel.

WHAT TO AVOID

- Avoid cleaning with Betadine®, Hibiciens®, alcohol, hydrogen peroxide, Dial® or other harsh soaps, as these can damage cells. Also avoid ointments as they prevent necessary air circulation. [Click here to download information on triclosan dangers](#)
- Avoid Bactine®, pierced ear care solutions and other products containing Benzalkonium Chloride (BZK). These can be irritating and are not intended for long term wound care.
- Avoid over-cleaning. This can delay your healing and irritate your piercing.
- Avoid undue trauma such as friction from clothing, excessive motion of the area, playing with the jewelry, and vigorous cleaning. These activities can cause the formation of unsightly and uncomfortable scar tissue, migration, prolonged healing, and other complications.
- Avoid all oral contact, rough play, and contact with others' bodily fluids on or near your piercing during healing.
- Avoid stress and recreational drug use, including excessive caffeine, nicotine, and alcohol.
- Avoid submerging the piercing in unhygienic bodies of water such as lakes, pools, hot tubs, etc. Or, protect your piercing using a waterproof wound-sealant bandage (such as 3M™ Nexcare™ Clean Seals). These are available at most drugstores.
- Avoid all beauty and personal care products on or around the piercing including cosmetics, lotions, and sprays, etc.