



What causes "bumps" and irritation to happen?

- Touching or moving the jewelry
- Make-up (moisturizers, foundation, powders, blush, etc.)
- Hair sprays and hair dyes
- Changing the jewelry too soon
- Removing the jewelry consistently for a sport
- Sweating without cleaning
- Also, sometimes sleeping on a fresh piercing, make sure to soak upon waking and ice.

Sea Salt Soaks For "Bumps" and Irritated Piercings

- Thoroughly clean hands and nails.
- Completely Soak a piece of gauze with Sea Salt Spray or Sea Salt Mixture (recipe below)
- Hold wet gauze over irritated piercing, both front and back and apply gentle pressure. Hold over the piercing for 5 minutes. Do this at least 2x daily.
- If there is swelling, ice after the soak.
- Do not move the jewelry or twist.
- Repeat this as long as the piercing is irritated or there is a bump present.

This method will breakdown any outside callous over the bump and weep out the fluid trapped inside. You will see this on the gauze, blood may be present.

How Long Will It Take For The Bumps To Go Away?

Depending on how long the area has been irritated it can take 2 weeks or longer for bump to go away.

Sea Salt Mixture:

1. 1/8 to 1/4 teaspoon (.75 to 1.42 grams) of Non-Iodized (iodine-free) sea salt
2. 1 cup (8oz/250 ml) of warm distilled or bottled water.
3. Mix sea salt and water - do not add additional sea salt

A stronger mixture is not better; a saline solution that is too strong can irritate the piercing.