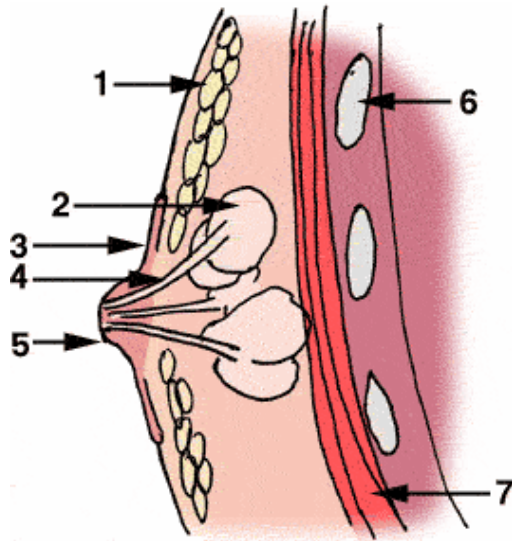


A **nipple piercing** is a piercing, centered usually at the base of the nipple. It can be pierced at any angle but is usually done horizontally or, less often, vertically. It is also possible to place multiple piercings on top of one another. A nipple piercing typically takes 3-6 months to fully heal. Some people have noted that they can take up to a year and a half to fully heal. It's recommended that if stretching a nipple piercing, the piercee waits at least the healing time of their piercings between stretches.



Simplified breast and nipple anatomy:

1. Fat
2. Milk glands
3. Areola
4. Milk ducts
5. Nipple
6. Ribcage and chest wall
7. Pectoral muscle

We are committed to Safe and Secure piercing practices and after-care procedures. This is why every piercing includes a complete After-Care package which includes our Dermal Wound Cleanser, 100% Natural Sea-Salt, Sea-salt spray and this after-care brochure.

If you experience **ANY PROBLEMS** with your piercing, feel free to contact us immediately, or visit your healthcare professional.

Contact Us:
www.fairybeautiful.com

Tina: 408-375-9261

Sheryl: 408-968-0581

86 Keyes St
San Jose, CA 95112

The recommendations contained in this brochure are just suggestions. They are not to be construed as or substituted for advice from a medical professional.

Nipple Piercings

Presented as a Public Service

A common question among women who consider nipple piercings is how it may affect breastfeeding. There is no evidence to suggest that proper nipple piercings can cause any complications with lactation. However, it is recommended that good care is taken to prevent infection by using a piercing professional and good body piercing aftercare. Frequent re-piercings can also damage the nipple and cause complications. It is also recommended that the piercing be healed before breastfeeding. Most body piercing professionals will refuse to pierce a pregnant woman for this reason and because piercing causes stress on the body that could potentially complicate a pregnancy.

Several complications have been noted involving breastfeeding with a piercing present, so it is recommended to remove nipple jewelry before nursing. Several complications resulting from nursing with nipple jewelry inserted can include poor latch, slurping, gagging, and milk leaking from the baby's mouth. It can also be a potential choking hazard for the baby. As the baby sucks, the ends on a barbell (if worn) may come loose and could possibly lodge in the baby's throat (a captive bead ring, properly inserted, would lessen the risk of anything becoming loose, falling out, and lodging in the throat). The baby's gums and tongue as well as the soft and hard palate could be injured by the jewelry.

After-Care

The last thing you want to happen to your new piercing is for it to become infected. Following these instructions will aid in the prevention of that happening, and make your piercing experience a good one!

- **NEVER** touch your piercing with dirty hands. Wash hands immediately before touching or cleaning your piercing every time.
 - Thoroughly clean piercing **twice** every day for the duration of the estimated healing time for your particular piercing. Remember, this is an initial healing period only. Your piercing will not be completely healed until many weeks after the initial healing time is over.
 - Use our **Dermal Wound Cleanser** to soften and wash away some of the dry, crusted discharge from around and on the jewelry. The **Dermal Wound Cleanser** also contains Aloe Vera which will soothe and speed healing. Remove the rest before washing with a Q-tip.
 - Soak your piercing in a solution of ¼ tsp sea-salt with 1 cup warm distilled water for at least 5 minutes. You can use a mild, unscented liquid anti-bacterial soap only to wash piercing by applying soap to piercing and jewelry while rotating the jewelry back and forth to get the soap inside the piercing itself.
- **Thoroughly** rinse by applying water and rotating the jewelry several times to ensure no traces of soap are left behind. Sulfates in bar soaps and some liquid soaps irritate the skin and prevent quick healing.
 - Pat (do not rub) piercing dry with a clean, dry paper towel or similar paper product. Do NOT use washcloth or towel, as these are breeding grounds for bacteria. DO NOT use Kleenex or other facial tissues, as they often contain small wood fibers that will also irritate the skin and piercing.

DO NOT use any ointments, creams, or astringents on your new piercing. **Only our Dermal Wound Cleanser**, unscented anti-bacterial soap (no sulfates), Sea-salt solution or clean water should touch it.

DO NOT use anti-microbial soaps, as they kill off both good and bad bacteria, which may accelerate a possible infection

DO NOT allow your piercing to come in contact with **any** bodily fluids while it is healing. This includes saliva as well as semen. So, you are not restricted from sexual activity, but **a condom or dental guard must be used for any and all sexual contact, or you are putting yourself at risk for infection.**

BE SURE that everything that touches your piercing is clean. This includes clothing and bedding as well as your hands. If you experience itching or severe discomfort, you may be having a reaction to your laundry detergent. Switch to something without all the stain-removing and bleaching agents.