

A Guide To Movement Lumps

Do **NOT** touch, move, twist or knock your piercing in any way, even whilst cleaning.

The more this is done, the longer it will take to heal.

'Movement lumps' are the small raised bumps of tissue that can sometimes form on either side of a piercing site. These are more common on cartilage piercings but can form on any piercing, fresh or healed. Movement lumps are most commonly caused by ill-fitting jewellery or trauma/irritation to the piercing site, and can form even years after your piercing was performed. Luckily, they are easy to heal, and most times will go away by themselves; the steps below will help you to reduce the swelling and speed up the healing process.

o In the first instance, you need to stop moving, rotating and knocking your piercing. If your piercing is being knocked or moved during your sleep, travel pillows can help keep the area protected during the night. Changing your jewellery excessively (for example, if you are taking out jewellery for work/school/sports and putting it back in on a regular basis) can also cause irritation; whilst healing a movement lump, leave your jewellery in place.

o Ensure your jewellery is well-fitted to your anatomy. Too tight and it will irritate the surrounding skin and not allow room for natural swelling cycles; too loose and the excess movement will push the delicate inner tissue outwards, causing the classic 'bump.' We pierce with longer bars initially to allow for swelling whilst healing; once the healing process is complete you may need to change your jewellery for a tighter fitting bar.

o Check the quality and materials of your jewellery. We recommend only using titanium or surgical steel jewellery; these are the only medical grade metals which are almost 100% hypoallergenic and skin safe. Other common metals such as gold and silver, whilst being high quality, can still cause reactions in some people.

If your piercing still needs a helping hand after the above steps, try the following recipe. This is a natural antiseptic and anti-inflammatory solution which we have found is the best thing to calm and soothe the lump.

You Will Need:

- 1x mug of very warm water (cooled water from the kettle is best)
- 1x teaspoon of rock or sea salt
- 1x chamomile tea bag
- 3x drops of pure tea tree oil
- 3x drops of pure lavender oil

Mix these ingredients together thoroughly in the mug and let them steep for a few minutes, then remove the tea bag and use it as a compress over your piercing. Repeat this a few times a week along with your daily cleaning routine. If your piercing is in a difficult area and you cannot use the tea bag as a compress, pour the solution into a spray bottle and spritz the piercing as you would when cleaning.