

# Piercing Bumps: What They Are & How to Handle Them

## Why Piercing Bumps Happen

Piercing bumps are a common part of the healing process and are usually caused by irritation. This irritation can come from touching the jewelry too much, sleeping on the piercing, snagging it on clothing, using harsh cleaning products, or wearing jewelry that doesn't fit properly. Sometimes pressure, friction, or lower-quality metals can also cause the body to react.

Most bumps are simple **irritation bumps**, not infections or keloids.

## What Helps Them Go Away

- Clean the piercing 1–2 times daily with sterile saline solution
- Avoid touching, twisting, or playing with the jewelry
- Avoid sleeping on or putting pressure on the piercing
- Make sure jewelry is implant-grade titanium, gold, or surgical steel
- Keep hair products, makeup, and soaps away from the area

With proper care and reduced irritation, most piercing bumps will shrink and disappear over time. If a bump continues to grow, becomes very painful, or produces unusual discharge, consult a professional piercer or medical professional.