

Angled Navel Piercings

After many years of placing navel piercings vertically I have developed a superior way. At this point I do the majority of navel piercings at a distinct angle!

Many navels are built with an arc or ellipse on one side which is more pronounced than the other. Generally, these also have an apex, which is natural fold or crease at the deepest point on the underside. This is usually set on the side opposite the ellipse. When the piercing is placed using these natural anatomical features the ring will rest flat down on the abdomen and frame the area beautifully. It will look natural, comfortable, and integrated with the body. Many of the vertical placements look like they are hanging from the body, rather than part of it.

The piercing must be placed at enough of an angle so the ring will rest down flat. If it is only slightly offset, the piercing will merely end up looking crooked and awkward. This is art and science combined.

It is true that a bent bar is a good style to minimize trauma and difficulty with vertical placements. However, I do find that to bar-style jewelry is harder to clean than rings. Additionally, rings get better air and blood circulation, which is helpful for healing. Unfortunately, with vertical placement a ring tends to stick out on many individuals. Actually, a large percentage of the population is ill-suited to any form of vertical placement. This is due to a variety of factors including anatomical, occupational or recreational obstacles, and through irritation from usual attire.

Since the ring doesn't stick out and get in the way there are many advantages which include:

- *Less discomfort
- *Easier to heal
- *Easier to wear clothing over the area
- *Less trauma
- *More of the ring is visible (with vertical placement only the edge of the ring can be seen from the frontal view)
- *Frames the individual's anatomy--custom fit
- *Looks more integrated with the body
- *Makes piercing safe and possible for many more types of anatomy. Even smaller-built navels, or those with less tissue may be candidates for this style of piercing.

Pliability or "pinchability" of the area is important as well. If the tissue doesn't pinch up easily, the individual may not be a good candidate.

Some folks have a combination "innie"/"outie" type of structure. Most of these are wholly unsuited to traditional vertical placement. Depending on the site (good pinchability, and absence of any herniation is required, of course) angling the jewelry may make piercing possible for many who otherwise could not or should not be pierced in that area.

Piercings are foreign objects, and the body's usual job is to rid itself of foreign objects. Navels have acquired a bad reputation over the years as an area that has a high rejection rate. This need not be the case when they are pierced taking the individual's unique anatomy into consideration.