

**BODY PIERCING AND YOU  
CONSIDERATIONS  
INFORMATION  
AND  
WARNINGS**

## Average healing times for your new piercing:

While most people have a similarly average healing time for each piercing, there are several factors that can influence your body's ability to recuperate. It is important to remember that the suggested aftercare timeline we give you is NOT a definitive or guaranteed date of healing completion. It is your responsibility to nurture and care for your piercing as to adhere to the expected timeline as close as possible. We all are susceptible to unconscious activities that may damage our piercings and/or alter the wound healing dynamics. In some instances, we can encourage our friends, family, or even coworkers to help us become aware of unconscious touching. In others, like sleeping on the piercing, we find it best to implement mechanical aides like airplane pillows (or other circular supports) so we can attempt to eliminate excess pressure or torsion on our ears and/or standard pillows against our backs to minimize unconscious rolling onto the ear in question. Changing our routines to avoid contact such as how we brush our hair, patting our faces dry so we don't drag fabric against our piercing, and washing strategic areas without luffas and wash clothes we prevent further healing time.

Other factors that can affect our healing times are medical issues or medicines, stress, poor nutrition, or lack of sleep, and immune or hormonal shifts. We all only have one immune system and it's busy keeping us alive. Piercings are not a top priority when anything else is out of balance.

Receiving multiple piercings in one sitting, or in multiple sittings with limited amounts of time between them **will** increase your healing time.

Cartilage and cartilaginous piercings such as Nostril, Helix, Conch, Rook, Daith, Tragus, Flat, Industrial, even complex lobes can take an average of 6-9 months to heal in ideal circumstances but have been known to take over a year in some cases.

Dense tissue such as Nipples and Navels, likewise, have a longer healing time due to the limited blood flow and high rates of friction or binding from clothes and tissue manipulation from stretching or expansion/contraction cycles. While not an exact science in our observation anatomy plays a notable factor in the healing times as well. Softer curves provide a less stable platform for the piercing to heal and often creates an atmosphere or rejection and scar tissue. In the case of nipple piercings, a larger cup size can affect the healing time as well because the weight of the tissue can pull or press on the jewelry which causes friction and irritation.

Oral tissues such as lips and tongues have a typically fast healing time due to the high blood flow, mucous membranes, and biological aides like lysozyme that help heal wounds. The high blood flow is a double-edged sword because it can also cause a notable increase in swelling compared to other areas regardless of extra trauma to the wound.

Ear Lobes, in most cases are the easiest piercing to heal but are not by any means easy peasy lemon squeezy. Children especially are prone to swelling, scarring, infection, and cysts due to infrequent bathing, play, not understanding the "no touchy" rules, and most commonly sleeping with wet hair. The rear fold of the earlobe is a prime spot or both grime and moisture to build and harbor bacteria and fungus. Another common issue with ear lobe piercings regardless of age is the belief that just because it feels healed, it is, however this is inaccurate.

## **Considerations and Misconceptions**

There are several common misconceptions about how to treat a new piercing based on years of anecdotal stories and experiences. The prevalence of these nuggets of misinformation lead to bad habits and that make a simple piercing a huge problem. Don't spin, twist, or pick at any piercings. Keep alcohol, peroxide, ointments, goos, salves, cleansers, oils, or other products away from your piercing unless your piercer specifically instructs you on a particular path of action.

***Is this the right time in your life, or simply the right time of the year to get a new piercing?*** Trouble shooting and assisting an agitated new piercing is all well and good, but what if we could avoid the problem by postponing the procedure? Who doesn't want to get that new shiny bit of magic before they're about to go to the beach or pool? There is a nothing wrong with wanting to look your best when we're shedding the layers but, it is not ideal to put an open wound in a body of water that is full of chemicals or microbes. Additionally, sports are fun, and a lot of people play different ones year-round. Make sure you check with your governing authority on the allowance of jewelry. Fresh piercings cannot have a retainer in them for several months, often over six months. Yikes! Is that going to fit into your schedule right now?

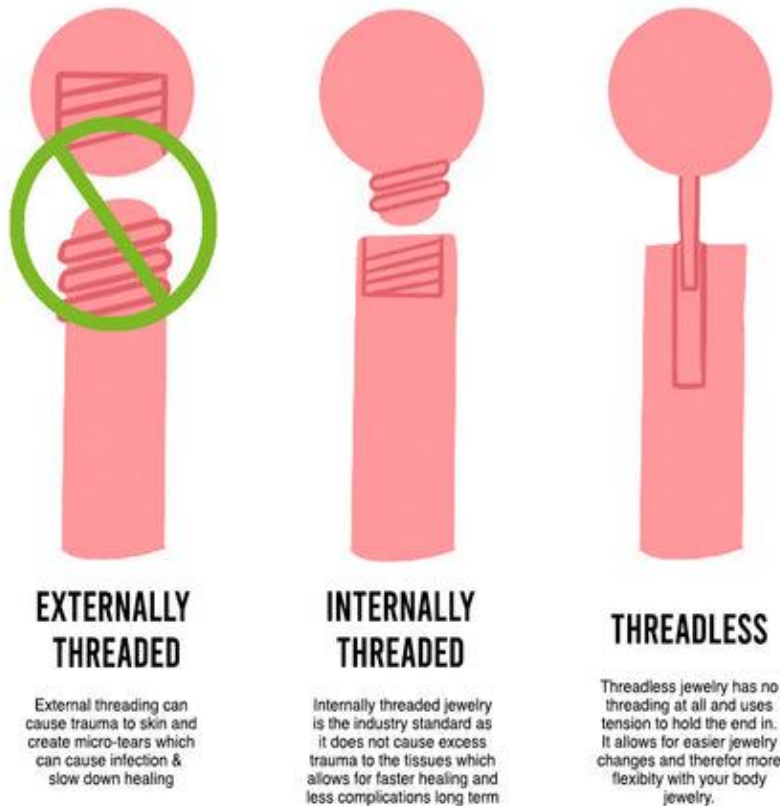
Work can also be a factor. What's your company's dress code? There are a few piercings we can start with a discrete topper that can help hide the piercing but they are not invisible. You'll want to make sure HR isn't going to create a problem for you. Darn The Man! Friction or environmental issues can also pose a risk. A dirty or dusty space, a lot of friction, or exposure to chemicals could all have a negative impact on your piercing.

In the end only you can decide to get a new piercing right now, or not. All we ask is to make an informed decision to protect your health. We will be here to help solve any problems to the best of our ability. Just remember a hole can only be dug so far before you can't get out.

## Let's talk about jewelry.

There are several types of jewelry we use for new piercings. There are three main connection styles available on the market for attaching beads and gemstones to the post of your new jewelry. We offer the only two of the three that are suitable for a safe and clean procedure. Threading comes in Internal and External. The piercing industry at-large, generally uses a similar and often interchangeable thread pattern for most threaded jewelry in its respective category. The "thread pitch" in simple term is the number of times the threading spins around on or in its post. Thanks to this uniform design jewelry toppers from different manufacturers often work with each other. The other style is known as Threadless or Push Fit connection. This style of jewelry is almost always made from titanium or precious metals. Threadless jewelry uses a mechanism of spring tension to hold the top in place from inside the jewelry's shaft.

External threading is unacceptable for a new piercing. Its rough saw-like edges create extra damage as it passes through the wound. External threading is significantly cheaper to cut. As is the case when you take short-cuts on one thing other things follow suit. This includes bad polish that leaves the jewelry rough, inaccurate tolerances which causes inaccurate sizing and loose beads, and a longer more problematic healing experience. When you hear of a studio doing \$25 piercings that include jewelry, you can safely assume their jewelry is bulk-buy low quality junk.



## Autoclaves and Sterilization

In-house sterilization for the tattoo and piercing industry occurs by way of autoclaves. These devices use a sealed chamber, water, and heat to create an environment that is inhabitable to bacterial, viruses, fungi, and any other type of microbes. On average an autoclave will boil water inside the sealed chamber reaching 270 degrees and 30 pounds per square inch of pressure. Essentially a high power pressure-cooker.

### **There are two primary types of autoclaves on the market.**

Traditionally tattoo and piercing studios use a traditional long cycle autoclave. Jewelry, needles, tools, tubes, and prep materials are placed inside a packet that is steam permeable. Water is boiled from a pool at the bottom the chamber and vented out gradually throughout the cycle. Cycle times vary depending on items, and variations of the temperature and pressure.

These days, more progressive and higher end studios have gone to either fully disposable pre-sterilized implements or use a pulse-cycle autoclave like Statim, Enbio, or Ritter. These high-tech alternatives use a vacuum/pressure pulsing cycle to expedite the processes. This style is also more effective because the steam will make contact INSIDE the tubes and needles that is much harder to do in a traditional autoclave. Here at Caspian we use Enbio and Statim autoclaves to prepare each client's jewelry, needle, and prep materials. This means while you're filling out your paperwork, or perhaps reading this, the jewelry you picked is actively being prepared for your safety.



## Skin Prep compounds and how they work

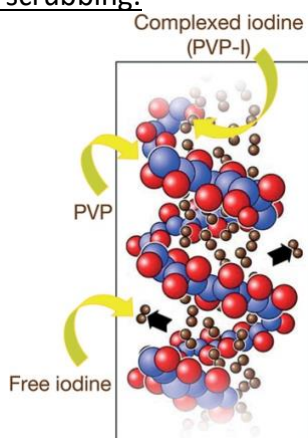
**Povidone Iodine** (aka: PVP-I or iodopovidone) is a combination of Povidone and Iodine.  
Povidone

Free iodine, slowly liberated from the povidone-iodine (PVP-I) complex in solution, kills cells through iodination of lipids and oxidation of cytoplasmic and membrane compounds. This agent exhibits a broad range of microbiocidal activity against bacteria, fungi, protozoa, and viruses. Slow release of iodine from the PVP-I complex in solution minimizes iodine toxicity towards mammalian cells. (Slow release makes it safe for skin)

As a small molecule, iodine rapidly penetrates into microorganisms and oxidizes key proteins, nucleotides, and fatty acids, eventually leading to cell death

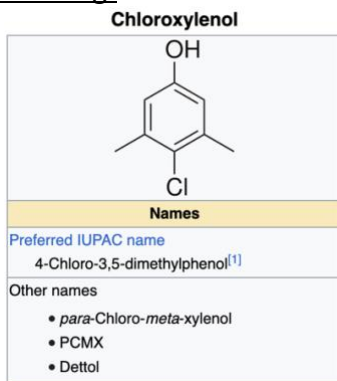
Because of its ability to penetrate it is even effective against enveloped viruses.

Kill time 20-30 seconds of continual scrubbing.



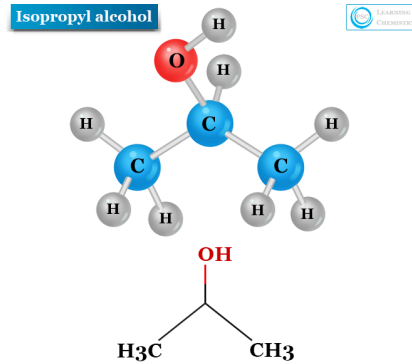
**Chloroxylenol**, also known as para-chloro-meta-xyleneol (PCMX), is an antiseptic and disinfectant which is used for skin disinfection, and together with alcohol for cleaning surgical instruments. It is also used within a number of household disinfectants and wound cleaners. It is thought to act by disrupting microbial cell walls and inactivating cellular enzymes, and is less effective than some other available agents. It is available as a liquid.

Kill time is roughly 30 seconds of scrubbing.



**Isopropyl Alcohol:** 70% isopropyl alcohol kills organisms by denaturing their proteins and dissolving their lipids and is effective against most bacteria, fungi and many viruses, but is ineffective against bacterial spores.

We only use the alcohol for the purpose of removing oils, makeup, or other gross debris on the surface of the skin. It is not a potent enough agent to effectively prep the skin for a piercing  
Kill time 30-60 seconds of continual scrubbing.



**Denaturation** defines the unfolding or breaking up of a protein, modifying its standard three-dimensional structure.

**Chlorhexidine** is a cationic surfactant synthetic biguanide with broad-spectrum antibacterial and less pronounced antifungal activity. It disrupts microbial cell membranes and coagulates cytoplasmic proteins. Chlorhexidine has a residual activity of several hours.

Chlorhexidine is a bisbiguanide compound with a structure consisting of two (p-chlorophenyl)guanide units linked by a hexamethylene bridge. It has a role as an anti-infective agent and an antibacterial agent.

Kill time 10-20 seconds after contact.

