

- HEALING -

INITIAL	3-6 months	6-9 months	
FULL	6 months	12 months	12+ months

- JEWELRY -

downsize in 4-6 weeks

PRESSURE FIT INTERNAL THREAD CAPTIVE BEAD

GAUGE 18g 16g 14g 12g other: _____

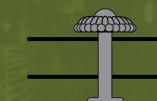
LENGTH 1/4" 5/16" 3/8" 7/16"
 1/2" 9/16" 5/8" 11/16" other: _____

Downsize your initial jewelry!

Longer jewelry is used at first to accommodate for swelling. After at least 4 weeks, when the swelling subsides enough that there is room for the jewelry to move, it needs to be changed to a shorter, more appropriate length for long-term healing



Initial swelling



Swelling subsides



Downsized!



What happens
when you don't
downsize

WHAT TO EXPECT

Piercings will be red, swollen, and tender while healing. It is normal to see some light bleeding and bruising, as well as white-ish or gold/clear discharge

WHAT TO AVOID

Touching your piercing! Your hands will transfer the most bacteria and be the highest infection risk

DO NOT PICK OFF CRUSTIES

Any chemical, petroleum or oil based products (rubbing alcohol, peroxide, polysporin, bactine, tea tree oil)

Beauty products on the piercing (moisturizer, SPF, make-up, hairspray, dry shampoo, perfume, etc)

Sleeping with wet/damp hair (seriously! this is a big one)

Submerging the piercing in a lake, pool, hot tub, ocean or river in the first 3 months

Other's bodily fluids on the piercing (either from pets or people, saliva is a big problem!)

High-waisted pants, headbands, sports bras, or clothing that puts pressure on your piercing

These are ALL common causes of irritation and often result in bumps forming, migration, or even rejection

MORNING & NIGHT

Clean your piercings twice a day for the first 3 months, then just out of the shower after that

Don't rotate or move the jewelry. Piercings do best when left alone, but kept clean and dry

Wash your hands thoroughly with soap and warm water

When you shower, rinse your piercing under the warm water to loosen dried lymph (crusties), then spray your piercing with sterile saline when you get out

If you haven't showered, just spray sterile saline on your piercing to help loosen crusties (you can use a cotton ball soaked in saline to help rehydrate crusties if needed)

Gently remove remaining buildup with a q-tip saturated in saline. Be careful that no pieces of cotton stick to your piercing or jewelry

Dry the bulk of the moisture from the surrounding area with a dry q-tip, then use a hairdryer on cold or an eyelash fan for at least 1 minute to thoroughly dry your piercing on both sides

Don't skip the last step! Moisture in a wound contributes to irritation bumps and longer healing times

Dry the piercing site with a hairdryer or eyelash fan out of the shower or after getting sweaty for the first year for the best long-term healing

EXTRA TIPS

- Keep your saline in the fridge for a nice cool treat
- Change pillow cases at LEAST once a week, 2-3 times if you have pets
(TIP: use a couple of clean t-shirts like pillowcases, then every couple of days you can just take the top t-shirt off for a cleaner surface underneath)
- Do not sleep on your piercing! It will feel comfortable to sleep on before it will be safe to sleep on without migrating it
- Do not change or remove your jewelry until your piercing has fully healed. Even well healed piercings can shrink or close quickly if the jewelry is removed !

Please reach out if you have any questions, we are happy to help!

info@blackflagbodyarts.com



TROUBLESHOOTING

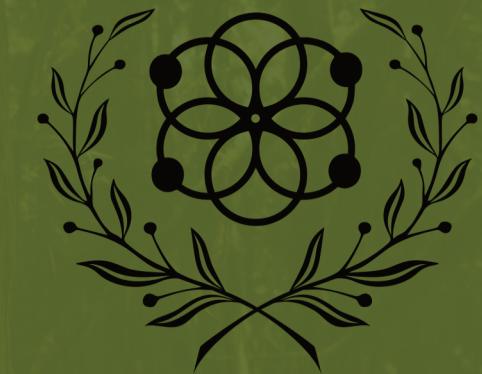
Reach out to us with questions about your specific healing process if it isn't feeling right, **we want to help!**

If when you clean your piercing, it seems to remove a scab which then leaves an open, wet wound underneath...

Then try not to remove the scab when drying, less is more! Forego any soaking steps, and just dry well out of the shower until the surface heals and stops scabbing over

If a bump has appeared on your piercing, reach out to us with some photos, bumps can appear for a few reasons. Often, a bit of still, dry pressure with a q-tip will help the bump flatten out, but if we don't address the reason the bump appeared it's not likely it will stay gone.

We can offer the best help to treat a bump on a case by case basis, so please reach out with questions!



[www.](http://www.blackflagbodyarts.com)

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