

# Aftercare & Jewelry Manual



Thank you for placing your trust in me, and congratulations on your new body piercing!

While getting pierced might feel like the toughest part, the real journey begins now; with the healing process. Proper care is essential for a successful outcome. That's why I've created this Aftercare & Jewelry Manual to guide you through healing your new piercing and maintaining your beautiful jewelry every step of the way.

## Part One: Aftercare

### My Healing Philosophy

My approach is simple: trust your body. Healing a piercing is less about intervention and more about allowing your body to do what it does best. The success of your piercing depends on how well you care for it; and just as importantly, what you avoid doing.

Touching, twisting, or playing with your jewelry can irritate the area and almost always interferes with proper healing. Healing takes time and patience. Let your body do its work without interruption.

I don't recommend the use of harsh chemicals, scented soaps, essential oils, or ointments. These products can disrupt the healing process and often cause more harm than good. Through experience and research, I've found that keeping it simple is most effective. That's why I recommend a sterile, body-neutral wound wash saline as the core of your aftercare routine.



# My Simple Cleaning Guide for Body Piercings

To support proper healing, follow these steps at least two times daily:

## 1. Wash your hands thoroughly.

Before touching your piercing, always wash your hands with soap and water to prevent introducing bacteria.

## 2. Spray the piercing with wound wash saline.

Apply saline directly to the entrance and exit points of the piercing. Be generous—don't just mist it.

## 3. Gently clean away discharge.

Using a piece of non-woven gauze soaked in saline, gently wipe away any crusty buildup from around the jewelry. Do not twist or rotate the jewelry.

## 4. Pat dry with fresh non-woven gauze.

Avoid cotton, tissues, or towels. Stick to clean, non-woven gauze to gently dry the area without introducing lint or bacteria.

### Bonus Tip – Shower Rinse Once Daily:

During your daily shower, allow fresh water to rinse over your piercing. This helps loosen any hardened discharge. After showering, follow up with your saline spray cleaning.

## Oral Piercing Specifics

Oral piercings require a bit of extra care during healing, especially in the first few days when swelling is most noticeable. Introducing cold into the area (such as drinking ice water) can help reduce inflammation and provide relief. Sleeping with your head slightly elevated, using an extra pillow, can also minimize overnight swelling. To avoid infection, it's important to steer clear of any activity that could introduce another person's saliva into your piercing. This includes sharing drinks, utensils, or food. You're encouraged to rinse your mouth regularly with filtered or bottled water, particularly after eating, drinking, or smoking. Avoid alcohol-based mouthwashes unless specifically directed otherwise.

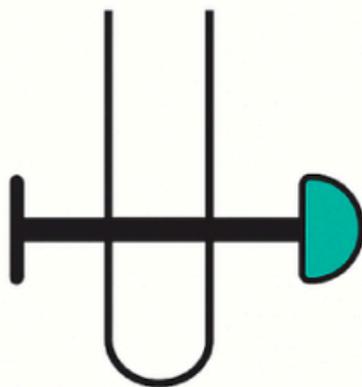
## Tips and Tricks

Keeping your environment clean can make a big difference during healing. For ear and facial piercings, I strongly recommend placing a clean t-shirt over your pillow and changing it regularly until your pillowcase is laundered. This simple habit can help prevent irritation and infection. If you've had an ear piercing, a travel pillow can be especially useful. It allows you to sleep without putting pressure directly on the piercing site. Remember, healthy bodies heal piercings best. I encourage all of my clients to maintain a balanced lifestyle and seek guidance from medical professionals when needed to support overall well-being during the healing process.

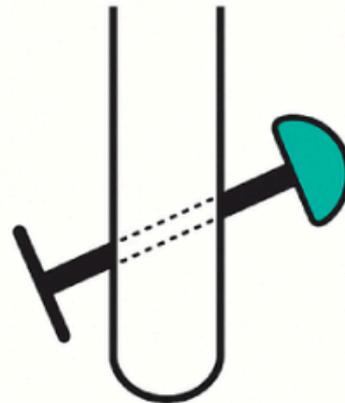
# The Importance of Downsizing

Most piercings are initially fitted with jewelry that's slightly longer or wider to allow room for swelling and make cleaning easier. However, once the initial swelling goes down, it's essential to return for a downsizing appointment. Usually around four to six weeks after your piercing. Wearing jewelry that's too long for too long can lead to irritation, especially if the area is slept on or bumped. Over time, this can cause a permanent shift in the piercing's angle, a complication I refer to as "drift." Timely downsizing helps prevent this and supports proper healing. Please note that jewelry fees apply at the time of your downsizing.

**FRESH**



**AFTER BEING SLEPT ON**



## Problems? Questions?

Most piercing-related issues are not infections, even if they seem alarming. If you have any concerns (no matter how small) please don't hesitate to reach out. I offer free checkups and consultations because I want your healing process to go as smoothly as possible. I can't help if I don't hear from you, so please get in touch the moment something doesn't feel right.

## Recognizing Signs of Infection

While true infections are rare, it's absolutely critical to seek professional medical care at the first sign of one. Symptoms of infection may include a sudden increase in swelling, excessive bleeding, or the presence of green, dark-colored, or foul-smelling discharge. Some localized redness is normal during healing, but widespread redness, streaking red lines radiating from the piercing site, or hot, inflamed skin are cause for concern. Systemic symptoms like fever, nausea, dizziness, or vomiting should also be taken seriously. If you experience any of these symptoms, contact a licensed medical professional immediately.

# Blood Donation

Some states have restrictions on blood donation following body piercings or other forms of body art. In New York State, you must wait three months after getting a piercing unless it was performed under sterile conditions using single-use, disposable equipment. Because I follow strict sterile protocols, most clients are eligible to donate sooner, but always confirm with your blood donation center to be sure.

## What to Avoid

Avoid touching your piercing with unwashed hands, as this can introduce bacteria and lead to infection.

Never remove your jewelry during the healing process unless specifically instructed to do so by a medical professional. Even healed piercings can shrink quickly once jewelry is taken out, potentially resulting in loss of the piercing.

Keep all makeup, skincare products, sunscreens, and other cosmetics away from the piercing site and jewelry, as these can cause irritation or complications.

I strongly advise against using harsh chemicals including so-called “natural” remedies like tea tree oil as they can do more harm than good. Stick with sterile 0.9% wound wash saline only.

It's also essential to avoid swimming during the healing phase; pools, hot tubs, lakes, and oceans all carry a high risk of contamination.

Lastly, do not rotate, twist, or turn your jewelry—this can damage the healing tissue and prolong the recovery process.

## Part Two: Jewelry User's Manual

You've just purchased a piece of jewelry that meets the highest standards set by both the Association of Professional Piercers and myself. This means your jewelry is crafted from only the safest, implant-grade materials—such as 14-karat or higher solid gold, platinum, niobium, or glass. Each piece is polished to a flawless mirror finish and is designed either by professional piercers or in close collaboration with them, ensuring maximum comfort and anatomical compatibility.

If your jewelry includes gemstones, they have been precisely set by skilled jewelers, with all settings guaranteed to be free from manufacturer defects. I frequently inspect the production facilities of the manufacturers I work with to personally verify the quality and safety of the jewelry I offer.

Like any high-end item, your jewelry requires simple but consistent upkeep. Care should be taken to regularly check that threaded or threadless ends remain securely attached. While I always ensure your jewelry is installed as securely as possible, maintaining that fit is ultimately your responsibility.

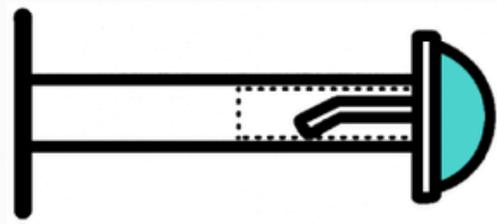
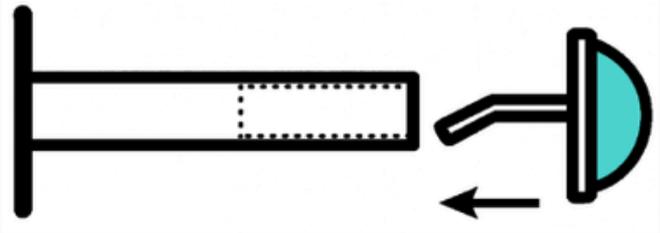


# Threadless Jewelry (Push-Pin or Press-Fit)

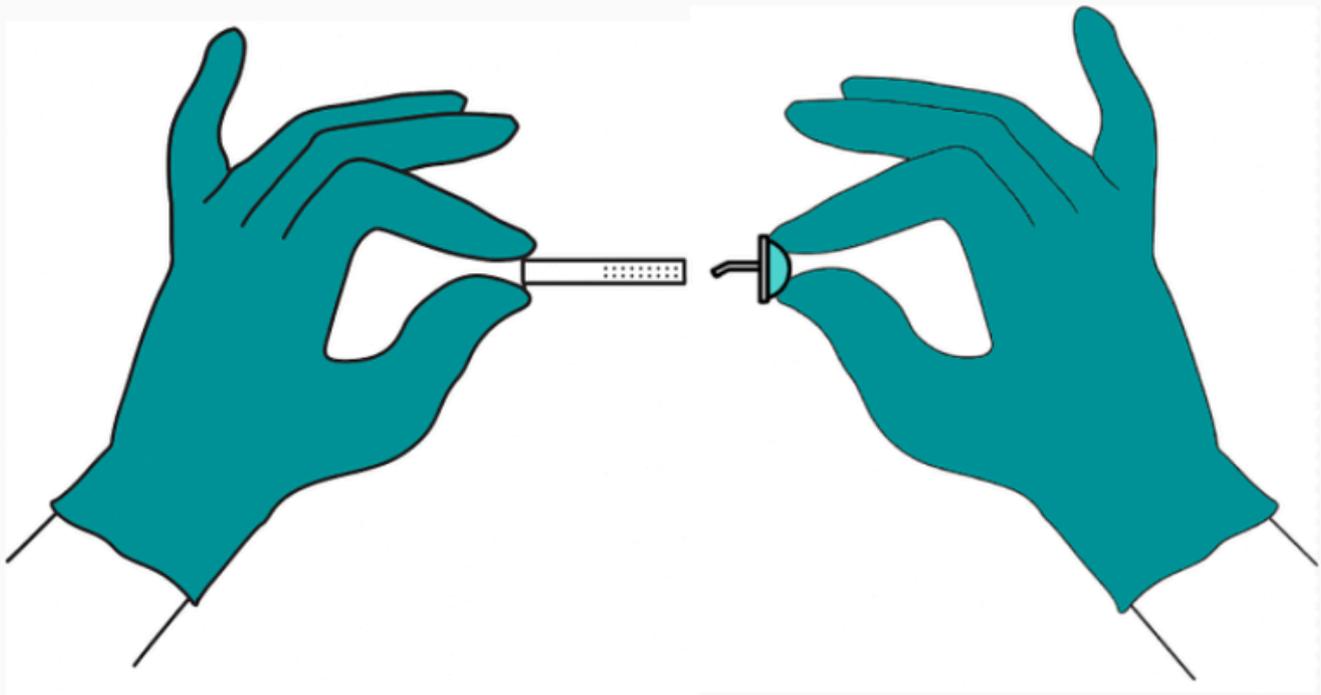
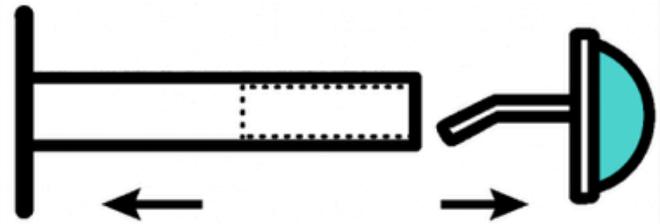
Gently bend or kink your threadless end.



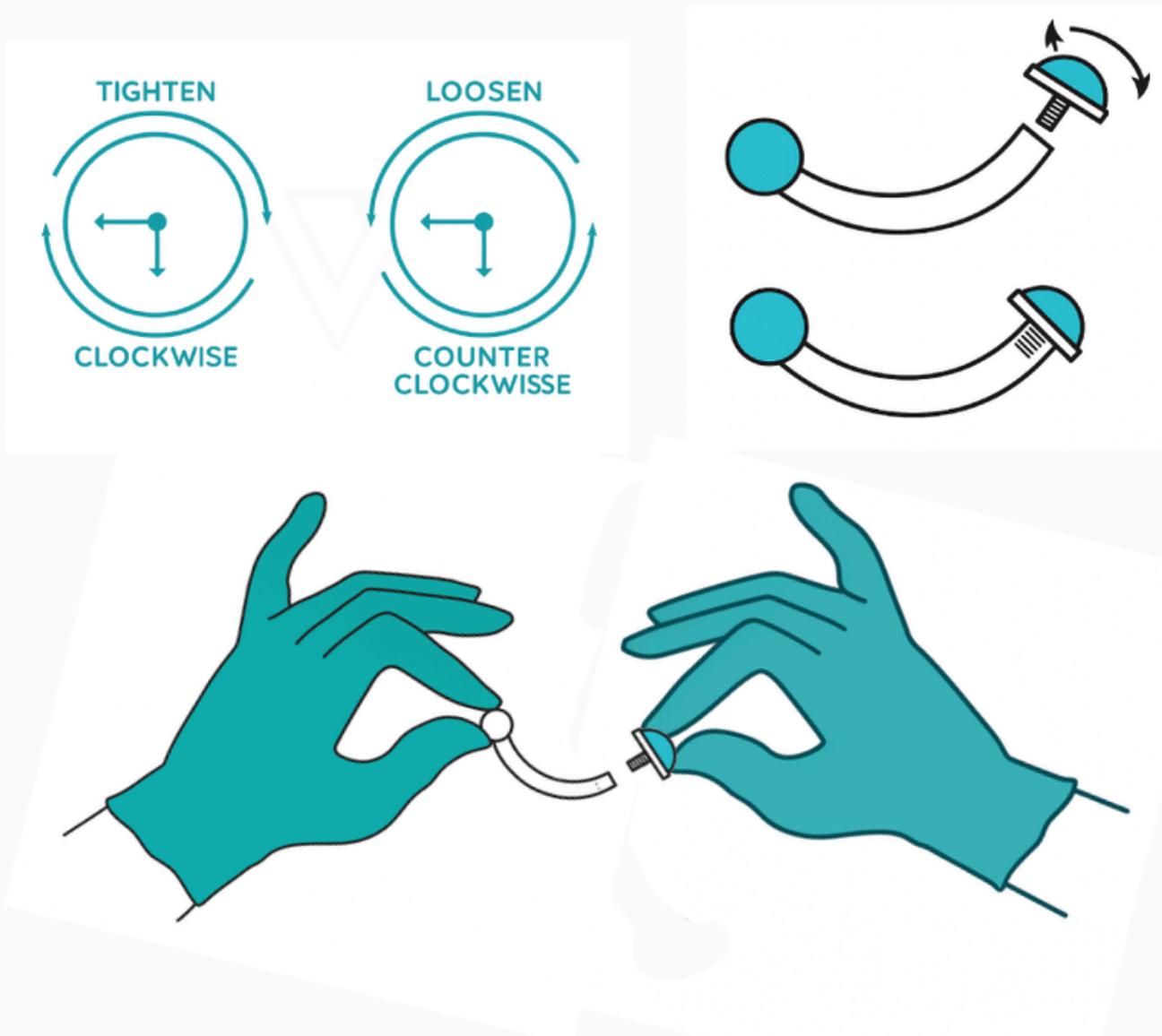
This tension holds the end in place. You may even hear a faint "snap" as the end locks in to place.



To remove, pull the end and post in opposite directions.



# Threaded Jewelry



To help prevent accidental loss, be sure to check your jewelry regularly (ideally once a day). Hold the backing securely while checking the front piece for tightness. Wearing clean gloves can give you a better grip and help avoid slipping. A few seconds of attention each day can save you from losing a cherished piece of jewelry.

Avoid externally threaded jewelry!

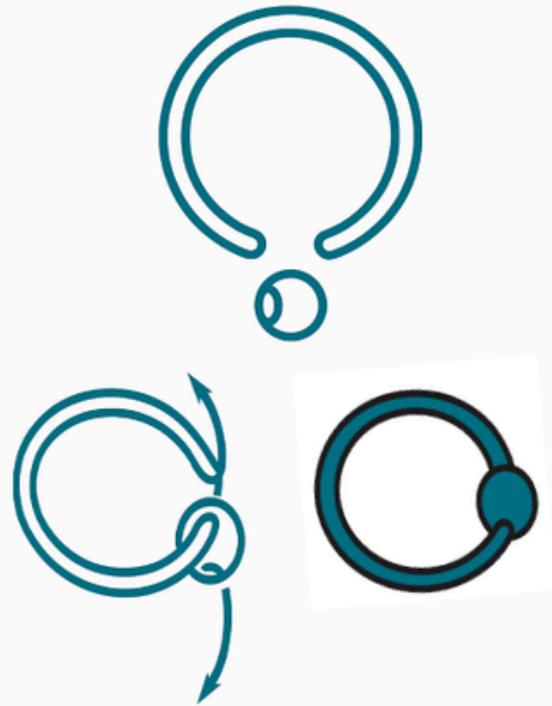
It isn't safe.  
It looks bad.



## How to use a Captive Bead Ring

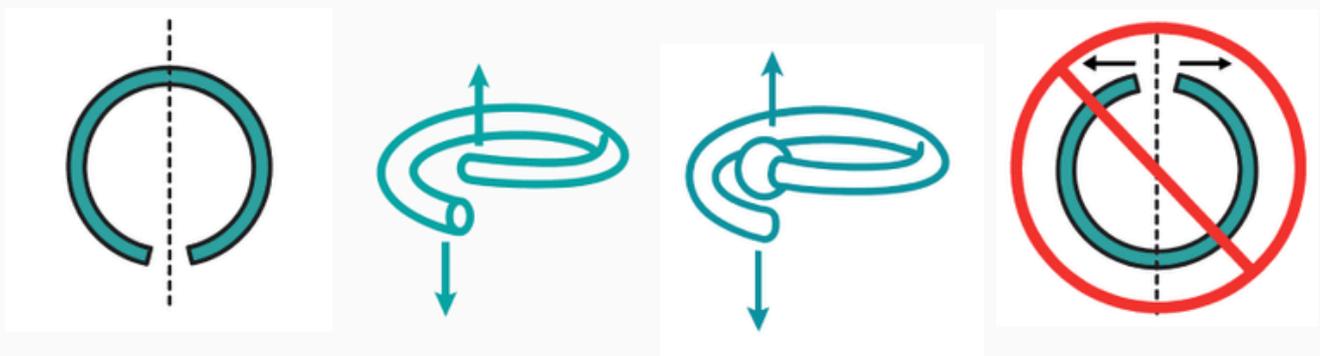
The ball does not screw in. Instead it is held in with tension.

The easiest way to insert a captive bead into a ring is to first place one dimple of the bead into one side of the ring, then gently press or pull the ring to snap the other dimple into place. It may take a bit of pressure and steady hands. Gloves can help with grip and control



## How to use Fixed Bead and Seam Rings

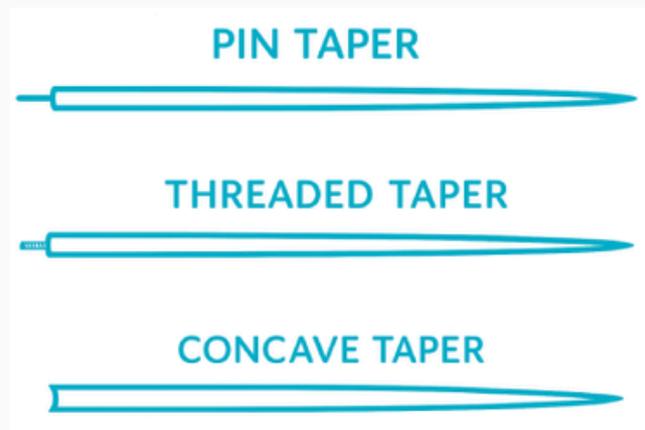
Rings should be opened using an "S-bend" motion, gently twisting the ring open sideways at the center (never pulling the ends directly apart). This helps maintain the circular shape and prevents stress or warping of the jewelry. If you're unsure how to do this properly, please reach out before attempting it yourself.



# How to use an Insertion Taper

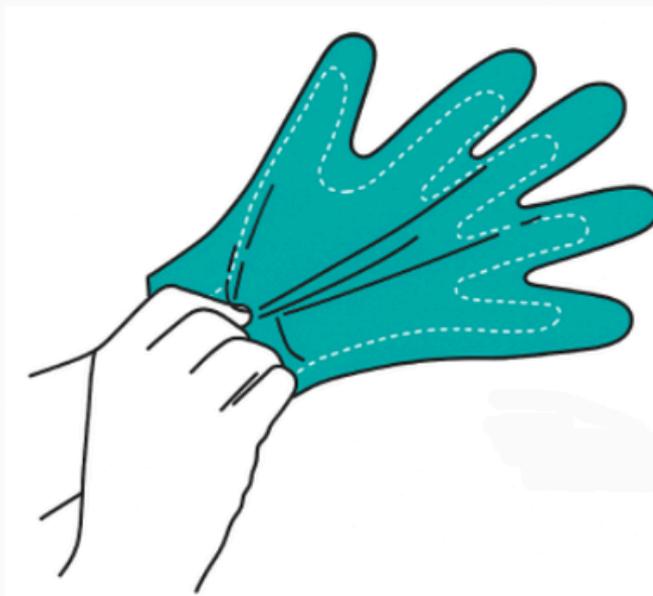
An insertion taper is a precision tool used to guide jewelry smoothly into a piercing. It starts narrow and gradually widens to match the gauge of your jewelry. Most tapers have a connection point—either threaded or linked—that allows jewelry to be attached directly to the taper. This creates a seamless transition when inserting jewelry.

Important: Insertion tapers are single-use tools and should never be shared. Reusing tapers or jewelry between individuals can lead to cross-contamination, infection, or disease transmission. Don't risk it.



## Steps for Safe Use:

- Wash your hands thoroughly with soap and water. If you have disposable gloves, put them on.
- Clean the insertion taper using soap and water or wipe it thoroughly with 70% isopropyl alcohol.
- Clean the piercing site. Most often, this will involve soap and water, but reach out to me for site-specific guidance if you're unsure.

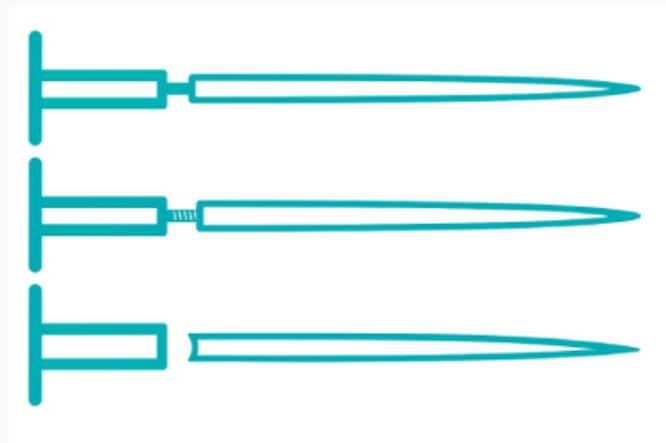


•Gently insert the taper. Start with the narrow end and slowly guide it through the piercing channel. This should be completely painless. If you experience any discomfort or resistance, remove the taper and contact a professional piercer immediately.

•Attach the jewelry to the taper.

- If your jewelry is threaded, screw it fully onto the taper.

- If your jewelry is threadless, align the post with the taper using the linked portion and gently push the jewelry through behind it.

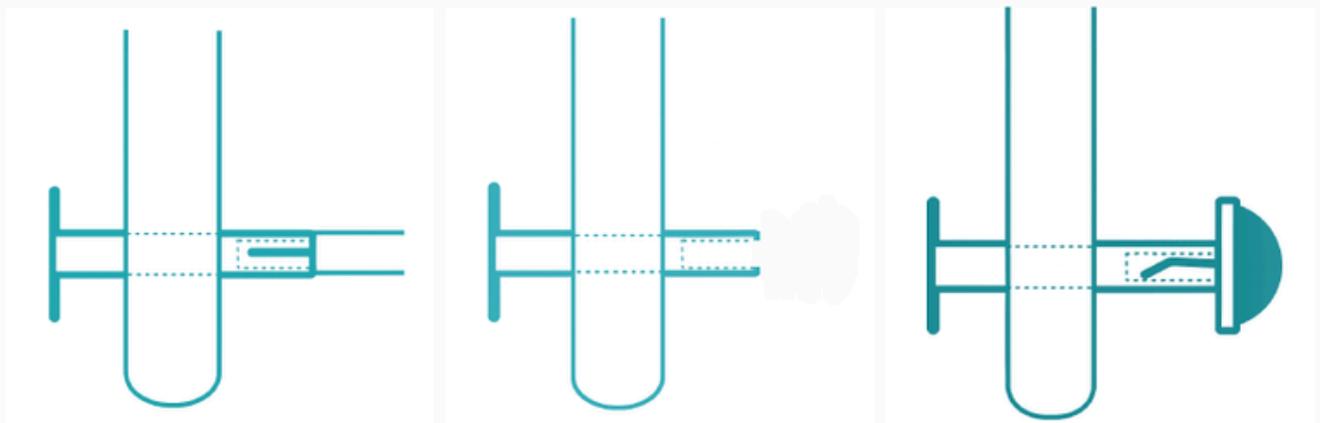


Once inserted, follow the appropriate instructions for securing your jewelry end (see threaded or threadless jewelry instructions in previous sections).

Insert jewelry

Remove the taper

Put the end on



## A Note About Tools

Using tools like hemostats or ring openers can be helpful. But they can also damage your jewelry if not used carefully. Metal on metal contact can leave scratches, dents, or other surface damage that may not be visible right away but could compromise the integrity or appearance of your jewelry. To protect your pieces, always wrap tools with sterile bandages or gauze before use. If you're unsure how to handle your jewelry safely, don't take chances! Come see me for an in-person tutorial on proper insertion and removal techniques.

## Caring for Gemstone Jewelry

The gemstones I offer are expertly hand-set by some of the most skilled jewelers in the body jewelry industry. These pieces are both beautiful and valuable. So protect your investment! Prong-set gemstones, in particular, can collect makeup or healing discharge if proper care isn't taken. This can dull their shine and make them appear cloudy.

Many of my clients like to purchase multiple pieces of jewelry. This not only allows for flexibility in styling based on mood or occasion but also makes it easier to clean their jewelry thoroughly at home while wearing an alternate piece. A small jewelry-grade ultrasonic cleaner can be a great tool for keeping your jewelry looking pristine. However, not all gemstones are safe to clean in an ultrasonic, as some may crack or become damaged.

Before attempting to clean your jewelry, please reach out to me or another qualified professional to ensure you're using the right method for your specific piece.

## Anodized Jewelry

New titanium and niobium jewelry can be colorized through a process called anodization, which uses electricity to alter the surface of the metal. No dyes or coatings involved. I offer anodization as a custom service to give your jewelry a unique, vibrant look.

However, it's important to note that anodized color is not permanent. Over time, the color can gradually fade. The longevity of anodization depends on several factors, including the size and shape of the jewelry, the body location where it's worn, and the wearer's lifestyle. While anodization is a beautiful way to personalize your jewelry, it may need to be refreshed periodically to maintain its original appearance.



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