



SUGGESTED AFTERCARE GUIDELINES FOR BODY PIERCINGS





Important Next Steps – Please Read Carefully!

You'll shortly receive a follow-up email with all of your aftercare information in digital form. Please double-check your spam or junk folder in case it lands there by mistake!


We'd love your feedback!

Keep an eye out for a second email with a link to leave us a review. Reviews make a huge difference to small businesses like ours – we really appreciate every single one!

Need to book a downsize?

All downsizing appointments must be booked through our website.

We strongly recommend booking now to secure your preferred time slot.

 Please try to avoid booking downsizes on Saturdays if possible – this helps us manage appointments more smoothly.

Need to get in touch?

Please contact us via email only:

 hello@staysharpstudio.com

We aim to respond during our working hours:

- Wednesday: 11:00am – 3:00pm
- Thursday: 1:00pm – 5:00pm
- Friday: 11:00am – 3:00pm
- Saturday: 11:00am – 3:00pm

Thank you for choosing Stay Sharp Studio!

PIERCING RECORD

Important Jewelry information and Downsizing

Below are some essential details regarding your piercing.
Please keep this as a reference in case you need to contact us for advice.

Piercing Placement/s:

Date:

Jewelry Brand:

Downsize Due:

Length:

- | | | |
|---------------------------------------|--|---|
| <input type="checkbox"/> 6mm (1/4") | <input type="checkbox"/> 12mm (1/2") | <input type="checkbox"/> 26mm (1-1/32") |
| <input type="checkbox"/> 7mm (9/32") | <input type="checkbox"/> 14mm (9/16") | <input type="checkbox"/> 28mm (1-1/8") |
| <input type="checkbox"/> 8mm (5/16") | <input type="checkbox"/> 16mm (5/8") | <input type="checkbox"/> 30mm (1-3-16") |
| <input type="checkbox"/> 9mm (11/32") | <input type="checkbox"/> 20mm (3/4") | <input type="checkbox"/> 32mm (1-1/4") |
| <input type="checkbox"/> 10mm (3/8") | <input type="checkbox"/> 22mm (7/8") | <input type="checkbox"/> 34mm (1-5/16") |
| <input type="checkbox"/> 11mm (7/16") | <input type="checkbox"/> 24mm (15/16") | <input type="checkbox"/> 36mm (1-3/8") |

Gauge:

- | | | |
|------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> 18g (1mm) | <input type="checkbox"/> 16g (1.2mm) | <input type="checkbox"/> 14g (1.6mm) |
| <input type="checkbox"/> 12g (2mm) | <input type="checkbox"/> Other | |

Fitting:

- | | |
|-------------------------------------|--|
| <input type="checkbox"/> Threadless | <input type="checkbox"/> Internally Threaded |
|-------------------------------------|--|

GENERAL AFTERCARE GUIDELINES

Cleaning Instruction & Healing Expectation

What to expect

Initially, there may be some bleeding, localized swelling, tenderness, and/or bruising. During the healing process, you might notice discoloration, itching, and the secretion of a whitish-yellow fluid (not pus) that can form crust around the jewelry.

Tissue may tighten around the jewelry as it heals as a result of swelling. Please let us know if your jewelry feels tight as we may need to adjust the length of your post to accommodate an unexpected swell! Leaving jewelry that is too tight in-situ can cause embedding.



Cleaning Solution:

Packaged sterile saline is a gentle choice for piercing aftercare. Mixing your own sea salt solution is no longer a suggested practice from the APP. We strongly encourage you to use a sterile saline labeled for use as a wound wash. Contact lens saline, eye drops, and other saline products should never be used on a body piercing. Your saline ingredients should list 0.9% sodium chloride as the only ingredient. Mixing your own sea salt solution will commonly result in the product being far too salty and strong, this can over dry the piercing and interfere with healing.

Instructions for Use:

Use sterile saline rinses as required during the healing process.

For some piercings, it might be simpler to apply with clean gauze soaked in saline solution.

- Rinse the site as necessary to eliminate any residue from cleaning solutions.
- Avoid moving or rotating jewelry during cleaning or rinsing.
- Dry gently by patting with clean, disposable lint free products such as gauze, kitchen paper, or cotton-tips. Be sure to check that no fibers are left behind!
- Cloth towels can harbor bacteria and may catch on jewelry, potentially causing injury.



What to Avoid:

- Avoid using alcohol, hydrogen peroxide, antibacterial soaps, iodine, or harsh products for cleaning, as they can damage cells. Ointments can block necessary air circulation.
- Stay clear of Bactine®, pierced ear care solutions, and products with Benzalkonium Chloride (BZK), as they can irritate and are not meant for long-term care.
- Don't over-clean your piercing, as it can hinder healing and cause irritation.
- Minimize trauma by avoiding friction from clothing, excessive movement, playing with jewellery, and vigorous cleaning, which can lead to scar tissue, migration, prolonged healing, or complications.
- Refrain from oral contact, rough play, or exposure to others' bodily fluids during healing.
- Reduce stress and avoid recreational drug use, including excess caffeine, nicotine, and alcohol.
- Keep your piercing out of unhygienic water (lakes, pools, hot tubs) or use a waterproof bandage, especially for nipple, navel, or surface piercings.
- Avoid applying beauty or personal care products (cosmetics, lotions, sprays) on or near the piercing.
- Do not hang charms or objects from your jewellery until fully healed.
- For cartilage piercings, avoid sleeping directly on the piercing. Use a travel pillow on your regular pillow to reduce pressure.

Overall Health:

Maintaining a healthy lifestyle contributes to smoother healing for your piercing. Prioritize sufficient sleep and a nutritious diet to support healing and enhance your infection-fighting capabilities. Don't forget to stay hydrated as well! It's essential for overall health and aids the healing process of your piercing!

PLACEMENT SPECIFIC AFTERCARE

Additional Aftercare Tips

Ear Piercings (Cartilage & Lobes)

Healing Time & Sleeping:

Earlobe piercings heal in 8-12 weeks, while cartilage can take 3-12 months.

Use the T-shirt trick: cover your pillow with a fresh T-shirt, rotating it nightly for cleanliness.

Alternatively, use a travel pillow and position your ear in the neck hole to avoid pressure on the piercing.

Protective Measures:

Avoid sleeping directly on the piercing, especially for cartilage. Use a travel pillow or a pillow with a cut-out for comfort.

Keep items like phones, headphones, glasses, and hats clean, as they can transfer bacteria to the piercing.

Hair Care:

Avoid hair products near the piercing and be cautious while brushing or styling.

Inform your hairdresser about new piercings to avoid accidental tugging.

Notril/Septum/Bridge/Eyebrow

Avoid Fiddling with your piercings:

Do not twist or move the septum or nostril jewelry.

For a septum, if you need to hide it, flip the jewelry up into your nose and **keep it there** until the piercing is healed!

Professional Jewelry Changes:

Never change your septum, bridge, eyebrow, or nostril jewelry yourself until the piercing is fully healed. They can close up quickly, and it can be hard to find the right jewelry size.

Avoid changing a nostril or eyebrow to a hoop for a minimum of 6 months.

Make-up and Skincare

Avoid applying makeup, lotions, or creams directly around piercing/s. These products can irritate the healing tissue or introduce bacteria.

When washing your face, be gentle around the piercing/s. Use a gentle cleanser and avoid scrubbing the area.

Oral Piercings

Maintaining Oral Hygiene:

Rinse with a non-alcoholic, antiseptic mouthwash after eating and drinking to keep the piercing clean.

Brush your teeth gently, avoiding the piercing with the toothbrush.

Avoid Irritants:

Stay away from spicy, acidic, or hot foods that can irritate the piercing during healing.

For the first few weeks, avoid kissing or other intimate acts to prevent bacteria transfer and trauma to the piercing site.

Limit alcohol, smoking, and excessive caffeine, as these can delay healing and increase the risk of infection.

Swelling Management:

It's normal for oral piercings to swell. To reduce swelling, rinse with saline or a saltwater solution and apply a cold compress to the outside of your mouth.

Navel & Nipple Piercings

Healing Time & Clothing:

Healing takes 6-12 months, sometimes up to 2 years.

For a navel piercing, be sure to wear loose-fitting clothes for the first 3-4 months to avoid irritation.

For a nipple piercing, compression garments must be avoided (binders, sports bras, full bodied corsets) etc. Lightly padded t-shirt bras are suitable for daily wear.

Physical Activities:

Avoid high-impact sports early on.

No swimming for minimum 8 weeks!

Long-Term Tips:

Keep the area clean, avoid excessive moisture. Sleep on your back or side if you can!

Downsize if necessary! Not every nipple or navel requires a downsize, but talk to your piercer if you are catching your jewelry.

HOW DOES MY JEWELRY WORK?

Fitting & Maintenance

Crafted from implant-grade materials like Titanium, Niobium, 14K Gold, or Glass, our jewelry is chosen for comfort, durability, and style. If your piece includes gemstones, they are expertly set and guaranteed free from manufacturing defects.

To keep your jewelry in top condition, regular care is key. Always ensure ends are securely fastened, as we are not responsible for jewelry loss. Consider adding valuable pieces to your home insurance for extra protection. Mill certificates are available upon request.



TIGHTEN



LOOSEN



- Hold the post securely with one hand and the attachment with the other. Align the attachment's internal thread with the post's threaded core.
- Gently twist and tighten the the attachment onto the post by turning clockwise until it is fully screwed in. The threads should catch easily, and the attachment should sit snugly against the skin.
- Double-check security by giving the attachment a gentle tug. If it stays in place without coming loose, your jewelry is secure!
- To remove the jewelry, twist the attachment counter-clockwise to unwind it from the thread.



- Gently bend the pin slightly against the edge of the labret shaft by inserting it about 1/3 of the way into the channel. More bend creates a tighter fit; less bend results in a looser fit. Start with a slight bend, test, and adjust as needed. Avoid over bending, it may snap the pin!
- Push the bent attachment end into the post until the pin is fully hidden. Test the security with a gentle pull—if it doesn't come off without some effort, your jewelry is secure! Check this tension weekly by gently pressing the attachment toward the labret post.
- To remove, securely hold the post (backing) with one hand and the attachment with the other. Twist and pull in opposite directions in one motion. If the pin loosens after removal, repeat the bending steps to restore a secure fit.

If you're having difficulty fitting your jewelry or would like a refresher on how to do it yourself, you can book a reminder session in person!

We're here to ensure your jewelry fits perfectly and comfortably!

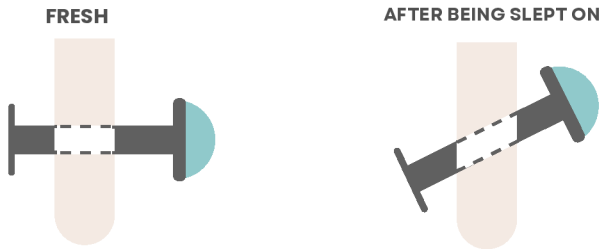
For further information / enquiries, contact us at hello@staysharpstudio.com

Downsizing

Do I need to downsize my piercing?

Downsizing

- Initially, your piercing is performed with jewellery that is slightly longer or larger in diameter to accommodate for potential swelling of the surrounding tissue and for cleaning. Once the swelling has subsided, please see your piercer to have your downsize.
- Keeping longer jewellery in can cause your piercing to migrate or tilt, especially when sleeping, due to uneven pressure. This can lead to irritation bumps, excess scarring, and discomfort.



Once your jewellery is downsized, continue cleaning your piercing throughout the healing process and avoid sleeping on it!

When can I change my jewellery?

Be patient and wait until your piercing is **fully** healed before changing jewellery.

Each piercing will vary in length of time, but we don't recommend switching jewellery without the help of a professional until the later of the average healing windows.

- Cartilage: 3-6 months
- Lobe/s: 2-3 months
- Nostril: 4-6 months
- Septum: 2-3 months
- Navels: 8-12+ months
- Nipples: 6-12+ months
- Bridge: 8/12 months
- Lips: 3-4 months
- Tongue: 3-4 months
- Microdermal: 3-6 months
- Surface: 6-8 months

What options can I change my jewellery to?

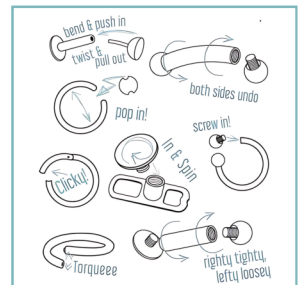
Choosing the right jewellery for healed piercings allows for both comfort and style. For septum and nostril piercings, clicker rings are a versatile option, offering sleek designs and easy wearability while allowing for intricate embellishments to match various aesthetics.

Ear piercings provide the perfect canvas for chains, charms, and cuffs, enabling creative layering and unique expressions of personal style.

For those with stretched earlobes or larger ear piercings, decorative pieces like ear spirals or weights create a bold statement, blending artistry with body adornment. Always opt for high-quality materials, such as titanium, or gold, to maintain the health and integrity of your piercings.

Please note, not all titanium or gold is created equal! There are many factors that go into jewellery quality. For more information on jewellery quality, styles, and upgrade inspiration, check out our blog, web store or social media accounts at:

www.staysharpstudio.com / [instagram @staysharp piercing](https://www.instagram.com/staysharp piercing)





Clickers and Hinged Rings

Clickers are rings where a small segment swings out on a hinge, and then closes back into place with an audible "click," hence the name. These are primarily worn through septum piercings but can be worn in almost any piercing that fits a ring. They are usually more ornate, often made out of gold and containing decorative elements (such as set stones), but can be as simple as a plain titanium ring as well.

Nostril Screws, Nostril Retainers, Septum Retainers

These jewelry types are secured by their shape: nostril screws stay in place with a bent post, septum retainers by a staple-like design, and nostril nails by a rounded shape and an attached end.

Retainers designed for **nostril** piercings, are typically 20, 18 or 16 gauge, with a ball, disc, or gem on one end. They are made of borosilicate glass. Borosilicate glass is durable, hypoallergenic, and biocompatible, making it safe for sensitive skin and healing piercings. Its smooth surface reduces irritation, and its clear design is ideal for discreet use in professional or medical settings. Removal involves a slight twist, mimicking "unscrewing."

Retainers designed for **septum** keep septum piercings open while remaining discreet. Shaped like a square-bottom "U," they can be worn visibly or flipped up inside the nostrils for concealment. Retainers come in polished or matte finishes for comfort and preference.



Captive Bead Rings (CBRs)

Captive bead rings, or "captives," secure a bead using the tension of the ring. The bead is not attached but is suspended between the ends of the ring, allowing for easy bead replacement, or orientation customization! While some changes can be done by hand, tools may be needed for thicker or smaller rings. These are best kept in long-term as they can be difficult to change yourself at home. To remove a CBR, hold the ring with one hand and the bead with the other. Gently pull them apart until the bead pops out, leaving a small gap.

Fixed Bead and Seam Rings

Unlike captive bead rings, fixed bead rings have the bead permanently attached to one side. To open, grasp the ring near the bead and twist by pushing one side away and pulling the other toward you. Avoid spreading the ends apart, as this can distort the shape of the ring.



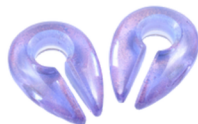
Seam Rings

Also called "seamless" or "continuous" rings, seam rings feature a less visible seam compared to other designs. They open using the same twisting method. These rings are not ideal for frequent jewelry changes or for healing piercings, as the seam can irritate the skin.

Jewelry for Stretched Piercings

As piercings are stretched, particularly ear piercings, traditional metal jewelry like rings and posts may become too heavy or unsuitable. At larger sizes, lightweight alternatives are often necessary. Below are some common styles for stretched piercings:

- **Plugs and Tunnels:** Solid or hollow jewelry designed to fit snugly in stretched piercings.
- **Ear Weights:** Decorative pieces that can stretch further but require occasional rest.
- **Organic Materials:** Lightweight options like wood, stone, or silicone, ideal for comfort and reduced strain.



Where can I find quality body jewelry?

Look no further, we've done the hard work for you! We have a catalogue of 1000+ pieces suitable for fresh and healed piercings. We stock internationally renowned brands such as Anatometal, B.V.L.A, BodyGems, Ember Body Jewelry, Junipurr Jewelry, NeoMetal, LeRoi, Industrial Strength, and many more!

These pieces are available to order via our website: www.staysharpstudio.com

Jewelry Care

Gemstone Cleaning & Gold Polishing

Taking care of your jewelry and piercings is essential to ensure they last a lifetime and continue to look as stunning as when you first got them. Regular maintenance can prevent tarnish, scratches, and other damages. Here are some regular advisories that can be done at home to help keep your jewelry shining and your piercings healthy.

Gemstone Maintenance

Our gemstones are expertly hand-set, conflict-free, and brilliantly shiny!

To keep your jewelry in top condition, regular care is essential.

Prong-set gemstones, especially diamonds, can become cloudy from nearby makeup or lymphatic material during healing.

Avoid product contact on healing piercings to prevent buildup.

For **healed** piercings, clean jewelry with an eyelash brush and hot soapy water, or use an ultrasonic bath*

For **healing** piercings - keep your jewelry in place and use jet-stream sterile saline to flush intricate attachments/prong-settings.

*Not all jewelry is suitable for ultrasonic cleaning. Please consult your piercer to confirm if this method is appropriate!



Polishing your Jewelry

Gold, as a precious metal, can develop mild tarnish over time.

This might appear as a slight dullness or small brassy patches on the surface.

Don't worry—this is completely normal and easily remedied!

Here's a simple guide to restore your jewelry's shine:

- Remove the Jewelry
- Follow the gemstone maintenance steps above.
- Ensure the entire piece is completely dry before proceeding.
- Use a jewelry polishing cloth (or a soft microfiber cloth as an alternative), gently buff the surface until the piece regains its glossy, radiant finish. This should take about 1-2 minutes per item.
- Wipe the jewelry with a clean paper towel to remove any leftover polishing particles.
- Re-insert or store your jewelry!



Anodizing Maintenance

If your titanium jewelry has been anodized, the color change has a limited lifespan. The duration depends on the jewelry's size, shape, and the wearer's lifestyle. For some, anodized jewelry lasts decades, while for others, it may fade sooner.

We don't offer re-anodizing services as it would contaminate our equipment with worn jewelry, but we're happy to anodize any newly purchased pieces for free!

Jewelry Issues

We want you to enjoy your jewelry for years to come. However, if you believe your item is faulty, please don't hesitate to reach out to us. We collaborate exclusively with brands that provide a lifetime warranty against manufacturing defects.

Should any issues arise, we can return your jewelry to the manufacturer for a compliance check.

If a defect is confirmed, you'll receive a direct replacement at no additional cost.

Your satisfaction and confidence in our products are our top priorities!

Troubleshooting

Lumps, bumps, and infections

I have a bump!

A fluid build up/ irritation bump is a collection of sebum (dead skin cells, sweat, and lymphatic fluid) that is unable to drain efficiently. They are not usually sore – but soreness can be one of the direct indicators as to why the bump has formed. They are caused by irritation, are caused by one or more of the following:

- Movement from twisting/turning/ sleeping on the jewelry.
- Jewelry that isn't an appropriate material, thickness, length, or style for the area.
- Using an aftercare alternate to saline solution.
- Excess moisture – For examples, improper drying after cleaning, sleeping with wet hair, over-cleaning, regular use of swimming pools, sauna's etc.
- Accidental knocks/ bumps, or subconscious fiddling.
- Perfumes, cosmetics, hairdryer lint, pet hair, ingrown hairs.. the list goes on!



Oftentimes, simply by removing the source of irritation, they will clear up on their own, but, there are some additional steps we can take to speed up the process. For a stubborn bump, we recommend daily hot compresses.

Dry compressing:

The dry heat from microwavable heat packs/glove warmers promote improved blood-flow and assist draining.

- Heat a pack following manufacturers instruction.
- Wrap it in some gauze or kitchen paper so you don't burn yourself!
- Compressing it onto the piercing area for 5/10 minutes twice daily.

Hot/Chamomile Compressing:

Chamomile, a daisy-like plant, is often recommended for its natural anticoagulant, antimicrobial, and anti-inflammatory properties, making it useful in managing piercing bumps. However, chamomile can trigger allergic reactions in some individuals.

If you have any known sensitivities or allergies, it's best to avoid this step, and instead, opt for hot saline soaks.

(To prepare, dissolve 1/4 teaspoon of non-iodized sea salt in 1/2 pint of boiling water. Saturate a piece of non-woven gauze with the solution, using it as a substitute for a chamomile tea bag for the following steps.)

- Steep a teabag (or non-woven gauze) in boiling water (or sea-salt mix) for a few minutes, remove it and let it cool ever so slightly so you do not burn yourself. (Check it on the inside of your forearm to ensure it's not too hot.)
- Wrap it around the piercing and hold it there under gentle compress until the teabag has gone stone cold. Repeat. Do this instead of your daily cleans.
- Pat gently dry with some cotton tip applicators or some gauze. Repeat daily!

Please note that your bump may also start to look worse before it looks better as the fluid draws to the surface – do not pick, scratch it, or apply make up. This will increase the risk of scarring, discoloration, and potentially infection.

I think my piercing is infected?

It's important to be aware of any symptoms of infection. If left untreated, an infection can become very serious. Do try not to panic, and contact us straight away if you have concerns!

Signs that could indicate an infection include; worsening redness, swelling, severe pain, heat, discolored discharge, discoloration of the skin, fevers, chills, or swollen lymph nodes.

- Avoid removing the jewelry to prevent trapping the infection inside.
- Consult a medical professional for treatment, and keep us updated!
- Take any and finish any prescribed course of medications/antibiotics as advised.
- If treated quickly, piercing infections usually clear up within a week or two. Report back to your piercer once antibiotics are completed and your infection clears so any relevant jewelry adjustments/downsizes can be preformed safely!

