

# Aftercare and Jewellery Maintenance

Thank you for trusting Stay Sharp Studio, and congratulations on your new body piercing! While it may feel like you've gotten through the hard part, the challenging part has just begun - the healing of your new piercing. We at Stay Sharp have created this Aftercare and Jewellery User's Manual for you to guide you through the healing process of your piercing and the maintenance of your new jewellery.

## How to heal a piercing

### Let your body do its job

Successful healing requires commitment to a strict aftercare regimen. Neglect and bad habits such as playing with your jewellery will almost certainly lead to issues and complications. Allow your body to follow its natural healing process. Research and experience show that substances such as harsh chemicals, soaps, essential oils and ointments do not improve your healing abilities. In most cases, they tend to delay the healing. Therefore we highly recommend - and stock - body neutral sterile saline wound wash.

### Simple cleaning guide

Follow these simple steps 2 - 3 times a day:

1. Thoroughly wash your hands
2. Spray your piercings entrance and exit holes with wound wash saline solution
3. Wipe any crusty discharge away from the jewellery with non-woven gauze (Do not force it!)
4. Pat the piercing dry with non-woven gauze

### Alternatively:

1. Rinse your piercing with fresh, warm water in the shower. This usually loosens any hard crusty discharge around the area.
2. Wipe any crusty discharge away from the jewellery with non-woven gauze (Do not force it!)
3. Pat the piercing dry with non-woven gauze

**Once daily:** Rinse your piercing with fresh, warm water in the shower. This usually loosens any hard crusty discharge around the area. Afterwards, follow the steps above.

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## Is my piercing infected?

Most issues with your piercing are NOT an infection. Please do not hesitate to contact STAY SHARP STUDIO should you have ANY questions or concerns surrounding your piercing. We are here to help you and we can only do that if we hear from you.

While infection is rare, it is essential to seek immediate medical assistance and advice at the first signs of infection. Symptoms include: sudden onset of swelling, excessive bleeding or discharge of yellow, green or dark colored fluid. Redness is normal, but excessive redness and/or red stripes coming from the piercing are indicative of a more serious matter. Fever, upset stomach, dizziness and throwing up also point towards an infection. Should you experience any of those symptoms, please seek medical assistance immediately.

### What to avoid

- Please avoid touching your piercing with unwashed hands. Contamination can lead to infection!
- Unless instructed otherwise by a medical professional, do not remove your jewellery during the healing phase. Even healed piercings tend to shrink when jewellery is removed and this can result in loss of the piercing.
- Prevent makeup, health and beauty products, sun lotion and other cosmetics from touching the piercing site.
- We strongly advise against the use of harsh chemicals, including "natural" aftercare products like tea tree oil. We only recommend body neutral sterile saline wound wash consisting only of water and 0.9% sodium chloride.
- Avoid swimming with your new piercing as swimming in pools as well as natural waters can cause irritation and infection.
- Do not twist, turn, rotate or generally touch your jewellery while healing. It causes damage and the irritation causes a delayed healing. It can also lead to an infection.

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## Threaded Jewellery



Hold the back securely; gloves can help! Check the tightness daily to help prevent losing jewellery.



Avoid externally threaded jewellery! It isn't safe. It looks bad.

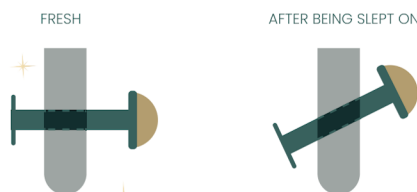
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## Oral piercings

Oral piercings usually tend to cause swelling of the area for the first few days. Simple things to help relieve this involve the introduction of cold. Ice water can help reduce the swelling as well as elevating your head during nighttime with additional pillows. **Please avoid** any activities that would result in other people's body fluids entering your mouth, including sharing food or beverages. Feel free to rinse out your mouth regularly with filtered or bottled water.

## Downsizing your jewellery

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 us at STAY SHARP STUDIO for a follow-up consultation. We usually recommend a follow-up consultation 4 to 6 weeks after the initial piercing. If a piercing is consistently slept on or irritated otherwise, the angle of the piercing can be distorted - otherwise known as "drift". Downsizing your jewellery in a timely manner prevents a drift of your jewellery. Jewellery fees apply.



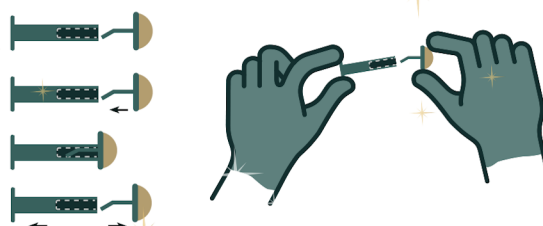
## Jewellery Maintenance

The jewellery you just purchased meets the high standard recommended by national and international piercing associations as well as medical standards. This means your jewellery is made from safe, implant grade materials, 14 karat or higher gold, titanium, niobium or glass. It has been designed by piercers, or with input from piercers, for comfort and piercing site compatibility. If you have selected gemstones, these gemstones have been meticulously set by skilled jewellers. Gemstone settings are guaranteed to be free from manufacturer's defects. The staff at STAY SHARP STUDIO personally inspect the jewellery upon arrival. This is to ensure that only the highest quality, safest jewellery is being sold to our valued clients.

Your jewellery, like any high end product, requires some simple upkeep and maintenance. Care should be taken to keep ends tightly attached to posts.

**Ronin makes every effort to put jewellery on tightly, but only you can keep it that way!**

### Threadless Jewellery



## Jewellery Maintenance

### Using tools on your jewellery

Using tools like hemostats or ring openers in order to open or tighten your jewellery can lead to scratches in the surfaces and damage to the piece, which might make a replacement of your jewellery necessary. We therefore recommend - should you decide to use tools - to wrap the working ends of your tool with sterile gauze. If you are in doubt, feel free to contact Ronin Body Arts for an in-person tutorial on how to safely loosen, tighten and replace your jewellery.

### Gemstone maintenance

The gemstones that Ronin Body Arts sells are expertly hand set by the best jewellers in the body jewellery business. Protect this investment! Prong set gemstones can get cloudy if makeup is applied near the gemstone. Crusty material which develops during healing can also find its way into prong set gemstones if proper aftercare is not followed! Many of our customers like to buy several pieces of jewellery. In addition to giving them the option to change their jewellery regularly, this also allows them to clean their jewelry at home while they are wearing something else. A small jewellery ultrasonic is a great way of cleaning out your jewellery and keeping it looking beautiful. Not all gemstones should be cleaned in an ultrasonic, though.

Please contact your piercer before cleaning your own jewellery!

### Anodised jewellery

New titanium and niobium jewellery can be changed in colour through a process called anodisation. STAY SHARP STUDIO offers this service to offer you an easy way to make your jewellery unique. Unfortunately, this change in colour comes with a shelf life depending on the size and shape of jewellery as well as the lifestyle of the person wearing it as the colour does slowly fade over time.

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### Tips & Tricks

The following list is aiming at giving you some useful pointers about what you can do to help your fresh piercing to heal the easiest and quickest way. These should be seen as "can do", not as a "must" and are freely interchangeable. Should you have any questions or concerns, please feel free to contact us anytime.

- Clean bedding can massively lower the chances of any complications. A clean shirt over your pillow, changed regularly until your piercing is healed is recommended for ear and facial piercings.
- Travel pillows can help you to avoid sleeping on your fresh ear piercings.
- We recommend being cautious when using a towel to dry yourself after a shower/ bath. Towels can catch a (fresh) piercing, which causes pain and can lead to complications in the healing process.
- Healthy bodies heal piercings best. We at Ronin Body Arts encourage you to make an effort to live a healthy lifestyle, guided by a medical professional.
- Keep your pets away from your fresh piercing. As much as we love our animal friends and like to be close with them, they can pose a potential risk for infections on open wounds, in our case a fresh piercing. Make sure to wash your hands after touching them.
- Do not touch your piercings unless you have to. Even so, only touch it after you washed your hands with antibacterial soap. Touching and moving your jewellery causes damage to healing tissue and can cause infections through cross-contamination.

### Piercing Information

Date: \_\_\_\_\_

Piercing: \_\_\_\_\_

Healing Time: \_\_\_\_\_

Piercer: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Jewellery Information

Barbell

Curved Barbell

Fixed Bead Ring

Retainer

Circular Barbell

Captive Bead Ring

Labret Post

Surface Bar

Other

Thread style, if applicable:

Internally threaded

Threadless / Push-Fit

### About Us

StAY SHARP STUDIO stands for the idea of offering a service which entails more than just a simple transaction of money for a product. Having been involved in the international body modification community, being part of a renowned body suspension team and having made friends from within the industry from all over the world throughout the years, we have learned that body piercing is so much more than just said transaction of money and services.

STAY SHARP STUDIO stands for quality over quantity, for empathy and acceptance, for providing a safe and understanding place where you are in charge. Our facility was built on the principle that single use, sterile tools and implements are the safest for both client and piercer. That's why each piercing is performed with single use, sterile items that are disposed of immediately after the piercing. We also believe that you have the right to remove and insert your own jewelry, so we provide tools and tutorials for our clients to do just that.

We like to give our clients the peace of mind that STAY SHARP performs every piercing according to the highest standards concerning hygiene and used materials. This is why we regularly attend national and international conferences, workshops and seminars to make sure our skill set is always at the very top of what the industry has to offer.

Finally, STAY SHARP STUDIO is dedicated to being a safe, friendly place to ask questions about your piercing, get guidance in jewellery selection, piercing placement, healing and aftercare. We love our clients, and we want you to be healthy, happy, and shiny!

### Jewellery Information

Gauge: \_\_\_\_\_

Length / Diameter: \_\_\_\_\_

Other: \_\_\_\_\_

Material:

Titanium

14k Gold

Glass

Niobium

18k Gold

Other

We would like to invite you for a free follow-up consultation approximately 4 weeks after your initial piercing.

Approximate follow-up / downsizing\* date: \_\_\_\_\_

\* Please note, that downsizing your jewellery is essential for the long-term wellbeing of your piercing. Jewellery fees apply.

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Thank you for choosing Stay Sharp Studio!

Please don't hesitate to contact us for any further information or advice. We are most contactable on INSTAGRAM - Our handle is: @staysharpstudio

Alternatively, visit us at [www.staysharpstudio.com](http://www.staysharpstudio.com)

Happy Healing