Body Piercing Level 2

The oldest mummy ever discovered in Egypt had ear piercings. Ancient African civilizations had customs of piercing lips and tongue. In fact, the earliest evidence of facial piercing was discovered in 2020 in the skeleton of a man who lived about 12,000 years ago. - Wikipedia

(Industrial, Tongue, Web, Smiley, Daith, Bridge, Dimple, Surface, Micro-Derm)

What Is An Industrial Piercing?

An industrial piercing is located on the ear and rather than just one hole, it consists of two piercings through the cartilage of the ear, which are linked with a barbell. The barbell sits inside the ear across the width of the two holes.
While styles can vary, an "industrial piercing" usually refers to a scaffold piercing that joins the anti-helix and helix parts of the ear. Variations of the industrial may join other parts of the ear such as seen with a rook-daith, vertical double conch, daith-lower conch, or anti-helix rook.
It is also possible to double down with this type of piercing, having more than one in a single ear, and, provided the right jewelry, you could (potentially) run up to four differing piercings through a single barbell: daith - rook - antihelix - lower conch. That said, this type of setup would be unusual but necessarily unheard of.



Body Piercing Level 2

The Procedure: What to Expect
During the industrial piercing procedure, an experienced piercer will cleanse the ear, mark the desired locations, and use a hollow needle to create the two separate holes. A sterilized barbell or a custom-made piece of jewelry is then inserted through both piercings, connecting them. The piercer will provide detailed instructions on aftercare to ensure proper healing.

How Should I Care For My Industrial Piercing?
If you want to keep your industrial piercing looking and feeling good, it is important that you look after it, especially when it is healing. Looking after your piercing is easy if you follow these simple steps:

- **Try not to touch or play with your new piercings too much, especially if you haven't washed your hands thoroughly first**
- **Use natural, skin sensitive products to gently clean your piercing, especially whilst is it healing. A lukewarm saline solution works just fine applied with a cotton ball or Q-tip.**
- **When drying your piercing, use a clean paper towel**
- **Leave your original jewelry in while your piercing is healing**
- **Try to avoid sleeping on your piercing as much as possible as it can add pressure to the jewelry**

If you're concerned about your industrial piercing healing or you're worried about an infected industrial piercing and you're in Newmarket, Ontario or the surrounding areas stop by for a chat with a member of the team. You can also give the team at Pierced.co a call today and we'll try our best to answer any questions you may have.

Body Piercing Level 2

What Is a Tongue Piercing?
A tongue piercing is any body modification that involves piercing a piece of jewelry through the tongue. There are multiple types of tongue piercings, though. The most common is the midline piercing, a vertical piercing involving a needle going straight through at one point from top to bottom in the center of the tongue. There's also the horizontal tongue piercing, which runs the needle through the tongue from side to side instead of top to bottom.

More creative tongue piercings, like the snake eyes piercing—a horizontal tongue piercing toward the top of the tongue that looks like a snake's head—exist as well; this is a very unsafe piercing that will most likely result in permanent muscle, nerve, and tooth damage). The frenulum piercing is a horizontal piercing of the web of skin beneath the tongue. A venom piercing is a vertical piercing on each side of the tongue. A surface piercing—also the least common type of tongue piercing—is a horizontal piercing with a curved barbell. Basically, any possible arrangement of a vertical or horizontal piercing is possible on the tongue.

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Types of Tongue Piercings

- Frowny Piercing
- Smiley Piercing
- Middle Tongue Piercing
- Snake Eyes Piercing
- Tongue Frenulum Piercing
- Uvula Piercing
- Venom Piercing



Body Piercing Level 2

Lip Frenulum Piercing (Frowny Piercing)
A piercing through the thin layer of skin that connects your lower lip to your mouth.
Lip Frenulum Piercing Process:
This piercing is typically performed with a hollow 16 or 18 gauge piercing needle.
Healing Time:
4-8 weeks.
Recommended Jewelry:
Curved barbell

Lip Frenulum Piercing (Smiley Piercing)
A piercing through the thin layer of skin that connects your upper lip to your mouth.
Lip Frenulum Piercing Process:
This piercing is typically performed with a hollow 16 or 18 gauge piercing needle.
Healing Time:
4-8 weeks.
Recommended Jewelry:
Horseshoe ring

Midline Tongue Piercing
A midline tongue piercing is the most well-known tongue piercing and is placed in the center of the tongue with a straight barbell.
Midline Tongue Piercing Process:
This standard tongue piercing is typically performed with a hollow 14 or 16 gauge piercing needle.
Healing Time:
About 4-6 weeks.
Recommended Jewelry:
Straight barbells

Body Piercing Level 2

Snake Eyes Tongue Piercing
Pierces your tongue horizontally through the tip of the tongue. This horizontal tongue piercing is similar to venom piercing, but a venom piercing is located more on the sides of the tongue.
Snake Eyes Piercing Process:
This piercing is typically performed with a hollow 14 or 16 gauge piercing needle.
Healing Time:
About 6-9 weeks.
Recommended Jewelry:
Curved barbells

Tongue Frenulum Piercing
This tongue web piercing runs through the webbing that connects your tongue to the floor of your mouth located underneath your tongue.
Tongue Frenulum Piercing Process:
This piercing is typically performed with a hollow 16 to 20 gauge piercing needle.
Healing Time:
About 8-10 weeks.
Recommended Jewelry:
Curved barbells

Uvula Piercing
A horizontal tongue piercing through the uvula.
Uvula Piercing Process:
This piercing is typically performed with a hollow 14 or 16 gauge piercing needle.
Healing Time:
About 4-8 weeks.
Recommended Jewelry:
Captive bead rings

Body Piercing Level 2

Venom Piercing
The venom piercing consists of two holes on the sides of the tongue and is typically located between the middle of the tongue and the tip of the tongue. This horizontal piercing is also sometimes referred to as a side tongue piercing.
Venom Piercing Process:
This horizontal piercing is typically performed with a hollow 16 gauge piercing needle.
Healing Time:
About 4-8 weeks.
Recommended Jewelry:
Barbell, curved barbell

Why shouldn't I get a tongue piercing?
If you're questioning whether or not you should get a tongue piercing, mouth piercing, or lip piercing, we recommend talking to a professional and considering everything before committing. Not every piercing is for everyone, and that's okay! Take your time deciding if you want a tongue piercing, and speak with a professional to make sure you're making the best decision you can for your body.

When can I change my tongue ring?
You shouldn't change or remove the original piece of jewelry until your tongue is completely healed. If you change the jewelry before the tongue piercing heals, you can risk a tongue piercing infection or piercing rejection. The healing stage is very important and should be taken seriously. Be sure to always keep up with oral hygiene!

Body Piercing Level 2

You've probably seen daith piercings all over Instagram—they're the ones that look like a hoop through the innermost cartilage fold of the ear.

With their unique placement and stylish look, it's no wonder that daith piercings are trending. Many people choose to get a daith piercing because of its looks, but there are also some who believe that this type of piercing can provide health benefits.

So, what exactly is a daith piercing? In this article, we'll give you a complete guide to daith piercings, from what they are to how to care for them.

Key Facts:
Placement: Through the innermost cartilage fold of the ear.
Jewelry: Usually pierced with a hoop or ring.
Healing Time: Can take up to 6-9 months to heal completely.





Body Piercing Level 2

A daith (pronounced /ˈdʌθ/) piercing is an ear piercing that passes through the ear's innermost cartilage fold, the crus of the helix.[1]
The piercing is usually performed with a straight hollow needle. Captive bead rings are the most common jewellery type used. It can take from six to nine months for a daith piercing to heal.
Some people believe that daith piercings could cure chronic migraines and anxiety in people. However, there is no evidence for this claim and any reported effects are attributed to placebo effect.

As per Wikipedia:

History[edit]
A client of Erik Dakota, who is said to have been studying Hebrew in college, first named this piercing "da'at", meaning "knowledge" (Hebrew: דעת [ˈdaʕaθ]).[2] Her reasoning was that the piercer must have been very "smart" to figure out how to do the piercing. This piercing was first brought into the public eye in the early 1990s in Fakir Musafar's Body Play, in the same issue that also showcased the Industrial Piercing, the Apadydoe, and a large gauge conch piercing.
Fakir Musafar noted: "The Daith piercing was co-created in 1992 by Erik Dakota and a Jewish woman piercing client with a metaphysical bent. ... A true Daith must be done in such a way that the bottom part of the ring appears to come directly out of the ear canal. If one can see both the entrance and exit hole of the ring, it is not a true Daith. The technique for this piercing is quite advanced, requires a specifically curved needle and was devised by Erik Dakota."[3]
The daith piercing has, in the past 20 years, become a popular form of alternative medicine for the pain management associated with migraine. The belief has its roots in the Eastern medical practice of acupuncture. While some patients report a positive outcome from the piercing, there is no scientific evidence that it is a valid pain treatment, and any perceived efficacy could be ascribed to a placebo effect.[4]

Body Piercing Level 2

What Type of Jewelry Is Best For A Daith Piercing?
Much like other piercings, there are many different types of jewelry that can be used for a Daith piercing. The most common types of Daith earrings are hoops and curved barbells. There are variations to these main styles.
Hoops are the most popular because they're simple and easy to remove. Curved Beads are another variation of the hoop style, with the addition of a small bead.
A barbell Daith piercing is a slightly curved bar with beads or other styles on either end. These are a little larger than hoops. For beginners, clicker hoop piercings are recommended because they're easier to remove.

What are the risks of Getting a Daith Piercing?
As with any piercing, some risks are associated with getting a daith piercing. The most common complication is infection, which can usually be treated with antibiotics.

Other risks include:
Allergic reactions: Some people may experience an allergic reaction to the jewelry, which can cause symptoms like redness, swelling, and itching.

Scarring: While most people heal without any problems, some may experience scarring from their piercing.

Migration and rejection: In some cases, the piercing may migrate out of the cartilage or be rejected by the body altogether. This complication is likely to occur if the piercing is not done correctly or is not taken care of properly during the healing process.
If you have any concerns about getting a daith piercing, be sure to talk to your doctor or a professional piercer before going ahead with the procedure.

Body Piercing Level 2

A bridge piercing is a type of facial piercing that goes through the bridge of the nose horizontally. It is usually positioned between the eyes, in the area where the bridge of the nose meets the forehead.

Common Concerns and Risks

Pain and Discomfort:

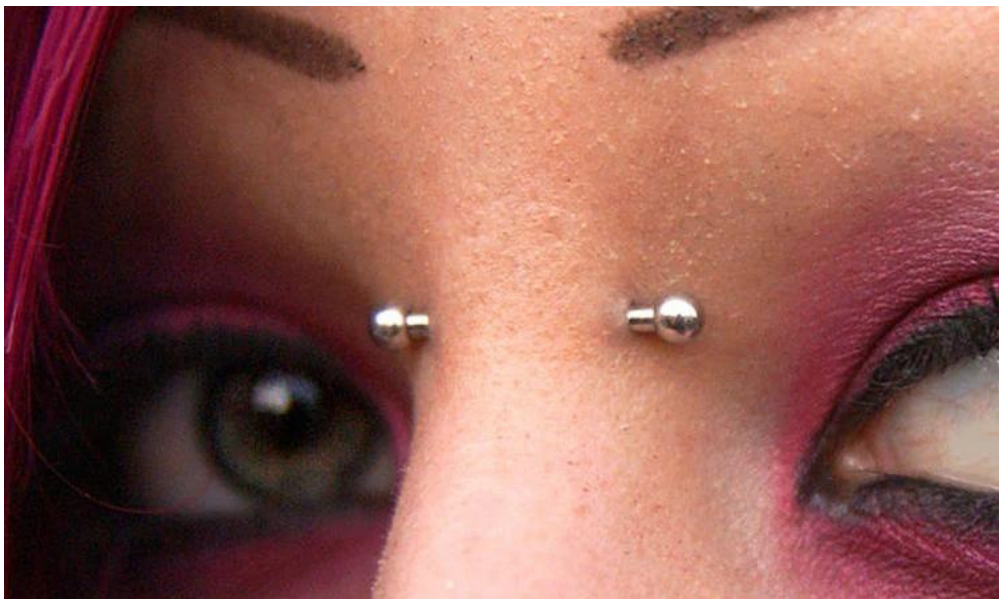
- Bridge piercings are generally considered moderately painful, but pain tolerance varies from person to person.

Infection:

- The risk of infection can be minimized by following proper aftercare instructions and using a sterile saline solution.
- Signs of infection include excessive swelling, redness, pain, pus, and an unpleasant odour. Consult a professional if you suspect an infection.

Migration and Rejection:

- Bridge piercings may be prone to migration and rejection due to the area's thin skin and constant movement.
- Wearing properly sized and fitted jewelry, following aftercare guidelines, and avoiding trauma to the piercing can reduce the risk.





Body Piercing Level 2

Like all piercings, the bridge piercing is susceptible to side effects. Luckily, these side effects are mostly avoidable through proper care, but they can appear even if you do everything right.
Piercing infections are among the most talked about side effects. However, they are rarer than you might think and usually appear due to poor aftercare practices. Signs of a piercing infection include intense swelling, a hot feeling around the piercing site, yellow or green discharge, and excessive bleeding. In extreme cases, you might see lines coming from the piercing site. If you suspect a piercing infection, contact a medical professional immediately.
Piercing bumps are probably the most common piercing side effect. They can occur due to poor aftercare practices, exposure to dampness, trauma to the piercing site, snags, and irritation. The most common piercing bumps are pustules (pimple-like bumps), irritation bumps (rash-like bumps), or hypertrophic scarring. Luckily, most of these will go away on their own over time or with proper treatment. If you develop a piercing bump, talk to your piercer about treatment options.
Piercing rejection usually occurs due to a bad snag or the piercing not getting pierced deeply enough. Signs of piercing infection include red, flaky skin around the piercing site, a growing piercing hole, or jewelry that's noticeably moved. It usually occurs during the healing period, but it can happen at any point in the piercing's life. If you suspect that your bridge piercing is rejecting, talk to your piercer about your options. Unfortunately, they will likely recommend that you remove the jewelry to let the piercing heal and try again later.
A note on keloids: Keloids are often misattributed as a common piercing complication. This is woefully wrong. Keloids are the result of a genetic disorder that only affects about 10% of the global population. They can appear after any injury, even bug bites, and they are a side effect of too much collagen production. They are quite large, discolored, and they require surgery to remove. If you or a family member has never had a keloid before, it's almost certain that you aren't developing one as the result of your piercing.
A note on glasses: Many people often ask if their glasses will affect their bridge piercing. The good news is that most bridge piercings are placed above where most glasses sit on the nose, so it shouldn't pose an issue. Just take care as you take your glasses off not to jostle the jewelry.

Body Piercing Level 2

The cheek piercing (also known as the dimple piercing) allows you to emulate the dimpled look even if you don't have dimples. Dainty jewelry styles sit where your dimples would be, and when you smile, they'll pull in a little bit, offering the brightness to your smile that natural dimples would provide.

The cheek piercing has gained momentum in the last few years, but it's a notoriously difficult piercing to get. In fact, many piercers might try to convince you to go for another piercing or refuse to do it at all. (When a person who makes their living conducting body modifications advises against a procedure, you know it's serious.)

Their location makes them difficult to heal because your cheeks tend to swell quite a bit, food can get stuck in the healing piercing, and its proximity to the parotid duct (which is essential for saliva generation) makes it a difficult procedure to perform. If done incorrectly, your piercer could permanently damage the parotid duct, which can cause issues such as saliva constantly running down your cheek.

Beyond the potential healing and health complications, if you want to remove your cheek piercings after a while, chances are that scarring will be more substantial than with other piercings. Unlike other piercing types, the cheeks often scar after removing the jewelry, and when they do, it's noticeable.

The cheek piercing is not one that you want to perform lightly. Although it leaves you with a cute look, you won't be able to easily change your mind once the piercing has been completed. Before you decide that the risks are worth it, here's everything that you need to know about the cheek piercing.





Body Piercing Level 2

Cheek and Dimple Piercing
Cheek and Dimple Piercing Location:
The cheek piercing in the lower portion of the cheek above the mouth, where a dimple would normally go. If you're someone who naturally has dimples, this is where a cheek piercing would be located.
Cheek and Dimple Piercing Process:
The cheek and dimple piercing is typically done using a 14G or 16G sterilized needle. A cheek piercing can either go through the cheek as a dermal piercing or be done as a surface piercing.
Healing Time:
About 8-12 weeks.
Recommended Cheek and Dimple Jewelry:
Labret lip rings, barbells.



Body Piercing Level 2

Do cheek piercings last forever?
A cheek piercing can be removed, but as stated above, if you take out your cheek piercing, it's possible that the area will still show a scar. Speak with a professional piercer before removing your cheek piercings or if you have questions about the removal process.

Are cheek piercings bad for teeth?

Your professional piercer can advise you about how a cheek piercing will impact your teeth. Because this type of oral piercing is likely to go through the inside of your mouth, it's important to know exactly what to expect in terms of dealing with your cheek piercing on a day-to-day basis. A general rule is that you can expect a cheek piercing will probably rub your teeth or gums at some point. If this is a concern, check with your piercer about the specific placement of your dimple piercing and how your jewelry is likely to affect your teeth and gums. You may also want to speak to your dentist about any potential side effects and concerns regarding the impact on your teeth.

Can you smoke with a cheek or dimple piercing?

Smoking is not advised when you have a dimple piercing, as the nicotine can aggravate the piercing and impede healing. If this may be an issue for you, you may want to look into stopping smoking before getting this type of piercing.

Can everyone get a cheek piercing?

If you're curious about whether you're a good candidate for a cheek piercing, it's best to speak with a professional piercer who can advise you about where exactly on your face a cheek piercing would go, what it would look like on you, and any related factors. Your piercer can give you a dimple piercing either as a dermal piercing, which is also often called a single-point piercing, or as a surface piercing, which has separate entry and exit points. Which type of piercing is right for you is something you can discuss with a professional piercer.



Body Piercing Level 2

Are cheek piercing risky?
As with any piercing, deciding whether a cheek piercing is risky is a conversation you should have with a professional piercer. They can assess your specific risk factors and advise you about whether a cheek piercing is right for you. Because of its proximity to the parotid gland, a cheek piercing may be a little riskier than an ear piercing, for instance, but that doesn't mean you shouldn't get one. You should simply be as informed as possible before making this important decision.



Body Piercing Level 2

Not long ago, piercing styles like eyebrow and septum piercings were considered edgy. With the piercing world gaining mainstream traction, these piercings aren't as alternative as they used to be. As a result, those who seek to push the envelope when it comes to fashion have begun looking for new areas to pierce.

Enter: the surface piercing.

The surface piercing pierces flat areas of the body, like the chest or upper cheek. While other piercing types typically feature an entrance hole and an exit hole that's usually directly behind the entrance hole, surface piercings feature entrance and exit holes next to each other on top of the skin. Typically, a piercer will pinch the skin and push the needle through. The result? A double-pierced look that sits flat against your skin.

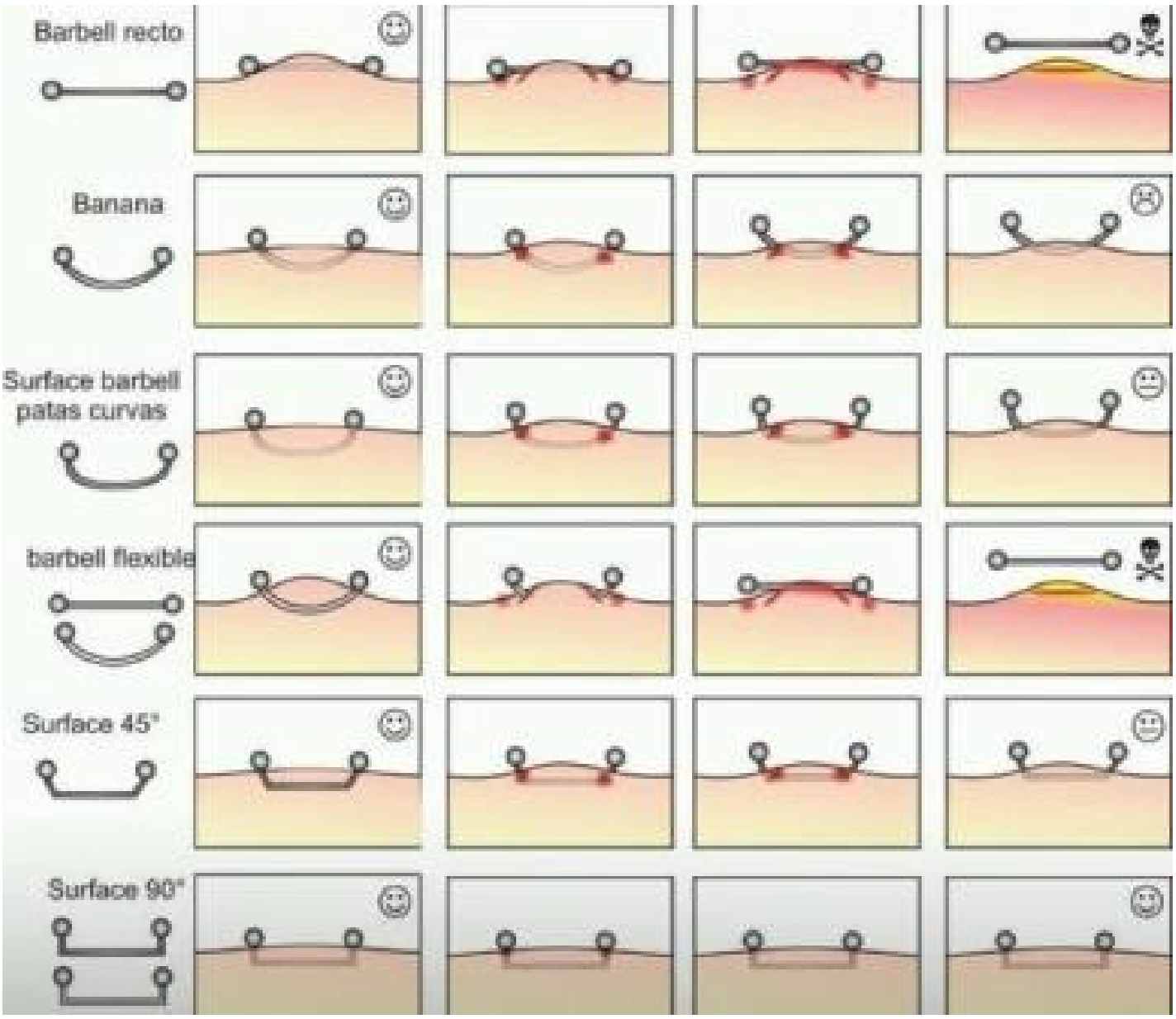
Don't get the surface piercing confused with the dermal piercing. While they both offer a similar aesthetic, a surface piercing hosts an entrance and exit piercing hole while the dermal piercing stays in place with a dermal anchor that's placed beneath the skin and only has one piercing point.

If you're looking for a new, unique look, then the surface piercing is an excellent option to consider; its style allows you to pierce almost anywhere. Before you start making your surface piercing plans, there are a few things to consider. Here's everything you need to know about surface piercings.

Body Piercing Level 2



Body Piercing Level 2





Body Piercing Level 2

How Much Do Surface Piercings Hurt?
The pain level of a surface piercing will greatly depend upon the location of the piercing and where the piercing is placed.

Often, to complete your surface piercing, your piercer will simply pinch the skin that you want pierced and stick the needle straight through. With this process, the surface piercing shouldn't hurt more than other piercing types in fleshy areas.

If you get a nape piercing or a piercing closer to your eye, it will probably hurt more than a surface piercing on your chest or near your collarbone. If you get a surface piercing on or near your genital region, it's probably going to hurt quite a bit more.

Depending on your piercer and the location of your surface piercing, your piercer might choose to place the surface piercing using a scalpel rather than a needle. This method often allows them to pierce deeply enough to lower the risk of rejection, but it could be more painful than using a needle.

The pain level of the surface piercing will greatly vary from person to person. If you're nervous, talk to your piercer about the experience beforehand.
Surface Piercing Healing Process
You should be prepared to commit around one year of healing to your surface piercing. Healing times can be longer or shorter, depending upon the location of your piercing. Before you stop aftercare practices, make sure that you talk to your piercer first.

Surface piercings have a much higher risk of rejection than other piercing types. Since it lays flat beneath your skin, your body is more likely to label the jewelry as a threat and start to push it out. If you choose the right jewelry, properly care for it, and get it pierced deeply enough, you should enjoy your surface piercing for years to come. However, even if you do everything right, your body still might reject the piercing. Some say that every surface piercing will be rejected eventually, so keep an eye on it throughout its life so that you can spot migrating jewelry before it causes scarring.



Body Piercing Level 2

Types

Some examples of surface piercings:

- Corset piercing: a series of bilaterally symmetrical piercings, normally done on the back, intended to be laced like a corset.
- Christina piercing: located at the mons pubis.
- Madison piercing: a horizontal piercing located just above the collarbone, at the base of the neck.
- Nape piercing: located on the back of the neck.
- Neck piercing: located on the side of the neck. It is also called "Vampire Bites".
- Hip piercing: located on or beside the hips (on the pelvis near the hips bones).
- Wrist piercing: located on or near the wrist, generally on the upper side.
- Anti-eyebrow: located under or beside the eye.
- Bridge piercing: located horizontally at the bridge of the nose.
- Pubic piercing: located in the area/ pubic bone for both men and women.
- Belly button piercing: located around or through a part of the navel
- Eyebrow piercing: this goes through the eyebrow or through the skin around the eyebrow.

Rejection and migration

Surface piercings can be difficult to heal. They are the most likely to be rejected as they only break through small amounts of skin. This leaves less skin to keep the piercing secure. The body will push it to the surface of the skin causing it to "grow out". Proper placement and jewelry selection by an experienced body piercer can help alleviate this problem. A healed surface piercing can last from a few months to a lifetime.

Body Piercing Level 2

What is a Microdermal piercing?
Microdermal, or sometimes also called Dermal Piercing is a fun type of single-point piercing that allows us to install jewelry on flat surfaces of the skin. They work by installing a small anchor a few millimetres under the skin, with a post protruding out for jewelry tops to rest.

How long do microdermal piercings last?
Micro dermal piercings have an average lifespan of 5 years, but it can last less or more than that, depending on how well you take care of it after it's healed. Some people have had their micro dermal piercing for 8 years or longer, so it's really up to you! Also, you can remove it at any moment.





Body Piercing Level 2

Dermal piercings are also known as single-point piercings. That's because dermals don't have a separate entry and exit point for jewelry, unlike traditional piercings.

Instead, your piercer will create one small hole so that an "anchor" can be inserted into the middle layer (dermis) of your skin. The base of the anchor is typically 6 or 7 millimeters long, just enough to secure the post.
The actual jewelry is screwed into the top of the post. It sits on the surface layer, giving the appearance of beads on your skin.

What's the difference between a dermal and a surface piercing?
Although dermal jewelry sits on the top layer of your skin, dermals aren't surface piercings. Surface piercings have a separate entry and exit point. They're anchored using barbells shaped like open staples. This barbell is inserted underneath the skin. Decorative tops rest on the skin's surface.

Where does a dermal piercing go?
A dermal piercing can be placed anywhere on the body, so long as the area of skin is flat. Popular areas include the:

- **cheekbones**
- **nape of the neck**
- **chest**
- **lower back**
- **abdomen**
- **thighs**

Although no area is necessarily off-limits, the skin has to be thick enough to hold the dermal anchor in place.



Body Piercing Level 2

What types of jewelry are used for this piercing?
A dermal piercing can be done with a needle or with a skin (dermal) punch. The type of jewelry used depends on the way the piercing is done.
Here are your options:

- **Anchor. A traditional dermal piercing starts with an anchor that's inserted underneath your skin. Your anchor may have either a rounded base or flat "feet" on each side of the post.**
- **Top. Once the anchor is in place, your piercer will top off the anchor with the type of jewelry you've picked out. Examples include metal studs or magnetic gems.**
- **Diver. Divers have pointed-end bases with preset jewelry on top. Your piercer will use a skin puncher to insert this type of jewelry. Unlike the typical anchor and topper style, divers aren't interchangeable.**

What material options are available for the jewelry?
Talk to your piercer about the following options:

- **Surgical titanium. If you have sensitive skin, titanium may be the least likely to cause irritation.**
- **Surgical stainless steel. This is the most popular material, notes TatRing. Although it's considered hypoallergenic, irritation is still a possibility.**
- **Niobium. This is another hypoallergenic material that's unlikely to corrode.**
- **Gold. Quality is important with gold. Stick to 14-karat yellow or white gold during the healing process. Gold higher than 18 karats isn't as durable. Gold-plated jewelry can lead to infections and allergic reactions.**



Piercing/Body Piercing

Piercing tools
Permanent body piercings are performed by creating an opening in the body using a sharp object through the area to be pierced. This can either be done by puncturing an opening using a needle (usually a hollow medical needle) or scalpel or by removing tissue, either with a dermal punch or through**.**

Tools used in body piercing include:

The piercing needle
The standard method in the United States involves making an opening using a beveled-tip hollow medical needle, which is available in different lengths, gauges and even shapes. While straight needles are useful for many body parts, curved needles are manufactured for areas where straight needles are not ideal. The needle selected is typically the same gauge (or sometimes larger as with cartilage piercings) as the initial jewelery to be worn, with higher gauges indicating thinner needles. The needle is inserted into the body part being pierced, frequently by hand but sometimes with the aid of a needle holder or pusher. While the needle is still in the body, the initial jewellery to be worn in the piercing is pushed through the opening, following the back of the needle. Jewellery is often inserted into the hollow end of a needle, so that as the needle pulls through the jewellery is left behind.

The indwelling cannula
Outside of the United States, many piercers use a needle containing a cannula (or catheter), a hollow plastic tube placed at the end of the needle. In some countries, the piercing needle favored in the United States is regarded as a medical device and is illegal for body piercers. The procedure is similar to the piercing needle method, but the initial jewelery is inserted into the back of the cannula and the cannula and the jewelery are then pulled through the piercing. More bleeding may follow, as the piercing is larger than the jewelery.

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Piercing/Body Piercing

The dermal punch
A dermal punch is used to remove a circular area of tissue, into which jewelery is placed, and may be useful for larger cartilage piercings. They are popular for use in ears, though not legal for use by nonmedical personnel in some parts of the United States.

The piercing gun
The vast majority of women in the west have their ears pierced with a piercing gun. The safety of piercing guns has been disputed. The Department of Health of Western Australia does not recommend their use for piercing body parts other than the lobes of ears, and the Association of Professional Piercers recommends that piercing guns not be used for any piercing, requiring members to agree not to use piercing guns in their practice.

Cork
Cork may be placed on the opposite side of the body part being pierced to receive the needle.

Forceps
Forceps, or clamps, may be used to hold and stabilize the tissue to be pierced. Most piercings that are stabilized with forceps use the triangular-headed "Pennington" forcep, while tongues are usually stabilized with an oval-headed forcep. Most forceps have large enough openings in their jaws to permit the needle and jewelery to pass directly through, though some slotted forceps are designed with a removable segment instead for removal after the piercing. Forceps are not used in the freehand method, in which the piercer supports the tissue by hand.

Needle receiving tubes
A hollow tube made of metal, shatter-resistant glass or plastic, needle receiving tubes, like forceps, are used to support the tissue at the piercing site and are common in septum and some cartilage piercings. Not only are these tubes intended to support the tissue, but they also receive the needle once it has passed through the tissue, offering protection from the sharp point. Needle receiving tubes are not used in the freehand piercing method.

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Piercing/Body Piercing

Any type of piercing poses a risk of complications, including:

- Allergic reactions. Some piercing jewelry — particularly pieces made of nickel — can cause allergic reactions.
- Oral complications.
- Skin infections.
- Other skin problems.
- Bloodborne diseases.
- Tearing or trauma.
- Scarring.
- Rejection (where the body pushes a piercing out)
- Embedding (where skin grows over the piercing)
- Tearing.
- Nerve damage.
- Excessive bleeding.

Dental trauma. Tooth chipping (or fracture) is the most common dental problem related to tongue piercing. Lip or tongue jewelry can also cause gum problems and damage to the enamel; the jewelry can also become loose and be swallowed. Researchers have also found that, in some cases, the jaw bone may be affected requiring oral surgery to preserve the teeth. Infection of the mouth or lips may cause speech, chewing, or swallowing problems or swelling that can block the throat.

Keloid formation. Keloids are overgrowths of fibrous tissue or scars that can occur in some people after even minor trauma to the skin—no small deal! In addition to aesthetic concerns, patients with keloids may have itching and tenderness. Treatment options for keloids include: surgical excision, corticosteroid injections, cryosurgery (freezing), pressure dressings, radiation, and laser therapy. Those prone to keloid formation should probably not get piercings. Teens with a chronic medical condition or those who take daily medication (e.g., those with diabetes mellitus or taking corticosteroids) may be at a greater risk of complications from body piercings and should check with their pediatrician before getting pierced.

Bloodstream infections. With any piercing, there is the danger of this type of infection, including the hepatitis B or C viruses and tetanus. These types of infections are commonly caused by contaminated piercing equipment. It is important to be up to date on immunizations, especially hepatitis B and tetanus, before having anything pierced.



Piercing/Body Piercing

Competencies for body piercers
Body piercers should be able to accurately conduct piercings and communicate with clients from all walks of life. Typical abilities of body piercers include:

Interpersonal skills: Body piercers deal with a variety of customers and need to be sociable in order to put them at ease before, during, and after treatments. Additionally, they welcome customers, answer phones, and keep a cheerful tone throughout the store.

Detail-oriented: When completing body piercings, these specialists must be exceptionally accurate and focused. Customers anticipate them to set the needle exactly where it has to be.

Patience is a virtue since it allows body piercers to operate carefully and securely on clients. The client's education and explanation of the process may take up more time than actually doing the piercing.

Creativity: These artists can advise customers on jewelery designs and piercing placements thanks to their creative talents. They are able to picture what kind of piercing would look best on a certain person.

Communication skills: Body piercers should be able to clearly communicate with clients, especially those who might be frightened, about the piercing procedure and aftercare instructions.

And most importantly - knowledge, knowhow and passion to advertise your services, gain clientele and build word of mouth on your services.



Piercing/Body Piercing

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Piercing/Body Piercing

Forceps
Whatever piercing is being done, the top way to secure the skin in place is to use a set of forcep clamps. Piercing forceps come in a variety of shapes and sizes. You should have some of each type. Different piercings call for different forceps! Avoid the cheap plastic forceps at all costs.

Needles
to state the obvious: a piercing studio is as good as useless without needles. In various gauge sizes. They should be kept inside their sterile packaging.

Receiving tubes
A receiving tube is placed on the back of the skin being pierced, where the needle is to come out. Helping to guide the needle in the right direction.

Dermal Punches
You need good quality dermal punches. These make for greater accuracy. A dermal punch can also be used to pierce the ears in a larger gauge size. You will also need various different gauge sizes.

Disposable Scalpels
The less common method used to perform a dermal piercing. Also used to up the gauge size of any other piercing. Using a disposable scalpel. As with all other piercing tools, scalpels are single use only and should be disposed of responsibly after use.

Sterile Skin Markers
Sharpie pens are frequently used to mark the location of the piercing. Although using a specialized skin marker is much more sterile. This type of pen is safe as it is designed for use on human skin in a medical setting.

Body Jewelry

Straight Barbells
One of the most commonly used types of jewelry is the straight barbell. This form of body jewelry can be worn in many types of piercings. This includes the ears, bridge, nipple, tongue, tragus, helix and more.



Piercing/Body Piercing

Ball Closure Rings
Another highly popular form of body jewelry; the Ball Closure Ring. Commonly known as the BCR or the Captive Bead Ring. This style of ring is ideal for the healing period because of the smooth edges. This stops the piercing from getting caught on anything, which can cause a whole host of issues! Insertion and removal is easy and quick. No screwing or unscrewing, no rough threads or associated problems. BCRs can be worn in lips, ears, nipples, eyebrow, nose, septum and more.

Curved Barbells
The Curved Barbell is the main form of body jewelry used in the eyebrow, belly button and many other piercings on the body and face. You will need a variety of different gauge sizes and lengths. You should also have an assortment of different materials for those who have a sensitivity to stainless steel.

Circular Barbells
You will need a large supply of circular barbells. Also known as horseshoe rings.
The circular barbell is usually worn in the septum piercing. This style of jewelry can also be worn in the lip, ears, nipples and others. The circular barbell is unusual compared to other forms of ring and barbell. It is measured as a ring, by diameter. While it functions like a barbell. With balls that unscrew for easy insertion and removal.

Heavy Gauge Jewelry
You should have both tunnels and plugs available. Stock every gauge size up to 1 inch. You can get higher gauges than this, if you think it will be in high enough demand with your customers.
You should also sell various tapers for customers who are interested in stretching their ears.

Internally Threaded Jewelry
Internally threaded jewelry is better for the inside of the piercing than externally threaded type, which is more common. Thanks to the smooth edges where there would usually be threads. With the threads being on the inside of the bar, they do not cause friction and irritation when you are changing jewelry.

Piercing/Body Piercing

Dermal Anchors & Tops
Get the type of dermal anchor which has holes in the base. The holes make the anchor secure, so therefore less likely to reject. Therefore customers will be much happier with your work!
There are a variety of dermal tops on the market.

Surface Bars
Surface piercings are prone to rejection. Wearing a specially designed surface bar will lower the risk factor. Surface bars feature a straight bottom with a short upright leg at each side. The are removed and inserted via the screw on balls or disks.

Nose Jewelry
There are many different styles of nose jewelry. Make sure you have a combination of studs, rings, corkscrews and everything else. Nose piercings will be one of your most popular requests.



Piercing/Body Piercing

Sterilization & Hygiene Supplies

- *Autoclave & Pouches*
- *Piercing Aftercare Products*
- *Piercing Care Kit.*
- *Anti-Bacterial Hand Soaps & Hand Scrubs*
- *Alcohol Swabs (not for cleaning skin / rather equipment)*
- *Latex Gloves (non latex due to allergies)*
- *Sharps Disposal Containers*
- *Disinfectant*
- *Biohazard Spill Kits*
- *Aftercare Instruction Manuals*





Piercing/Body Piercing

ESTIMATED INITIAL HEALING TIMES

The following is usually the minimum amount of time needed to heal before it is safe to change your jewelry. Because many factors influence how quickly a piercing will heal, some people will heal faster while others will take longer. Please be aware that these are only initial healing times. Most piercings will take years before they can be left out for any extended length of time without shrinking or closing. Multiple piercings healing simultaneously may result in longer healing times.

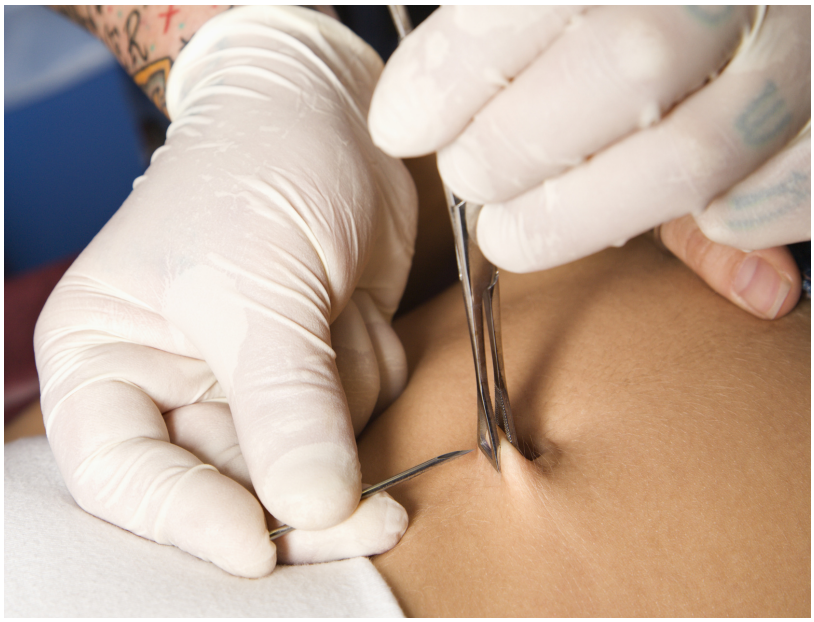
- Ear Cartilage: 3-4 months,
- Ear Construction, Industrial: 3-6 month,
- Earlobe (up to 12g): 6-8 weeks,
- Earlobe (over 12g): 2-3 months,
- Erl (nose bridge): 2-3 months,
- Eyebrow: 2-3 months,
- High Nostril: 4-6 months,
- Inverse Lip: 2-3 months,
- Lip/Labret/Monroe: 6-8 weeks,
- Navel: 4-6 months,
- Nostril: 3-4 months,
- Philtrum: 6-8 weeks,
- Septum: 6-8 weeks,
- Single Point Piercing: 3-4 months,
- Surface Piercing (Surface Bar): 6-9 months,
- Surface Piercing (Tygon): 8-12 months,
- Tongue: 4-6 weeks,
- Vertical Lip: 6-8 weeks.
- Nipples vary in healing time based on size and anatomical structure. Small nipples (less than 3/8" in width) can heal within 3-4 months, while larger nipples (wider than 3/8" in diameter) often take 6-9 months to heal.
- Genital piercings: Ampallang: 6-9 months,
- Apadravya: 6-9 months,
- Christina: 6-9 months,
- Clitoral Hood: 4-6 weeks,
- Dydoe: 6-9 months,
- Fourchette: 6-8 weeks,
- Frenum: 6-8 weeks,
- Guiche: 2-3 months,
- Inner Labia: 4-6 weeks,
- Prince Albert: 6-8 weeks,
- Princess Albertina: 4-6 weeks,
- Reverse PA: 6-9 months,
- Scrotum/Hafada: 6-8 weeks.

Piercing/Body Piercing

DO NOT TOUCH YOUR PIERCING. The only time you will touch your piercing is when you are cleaning it, and you will first wash your hands.

DO NOT REMOVE YOUR JEWELRY. New piercings can shrink the moment jewelry is removed, making it painful or impossible to get it back in.
What is normal during the healing process:

- Bleeding, bruising, and/or swelling are fairly common with a new piercing.
- Some tenderness or discomfort in the area of a new piercing can be expected for several days or longer. Discoloration (redness) and itching during healing process are also fairly common.
- Secretion of a whitish-yellow fluid (not pus) is part of the healing process and is to be expected. It is liquid when it leaves the body but dries into “crusties.”
- Piercings will go through “ups and downs” while healing. They may seem healed for a while, and then regress. The key is to continue your cleaning routine throughout initial healing time.
- Piercings (including healed piercings) that are not cleaned daily may smell unpleasant. This does not necessarily indicate a problem.
- Jewelry should not be expected to rotate or move freely in most piercings, even after healing. • Most piercings will shrink or close very quickly if the jewelry is removed, so if you like your piercing it is vital to LEAVE YOUR JEWELRY IN AT ALL TIMES!



Piercing/Body Piercing

BODY PIERCING AFTERCARE

STERILE WOUND-CARE SALINE DAILY AS NEEDED

1. Wash your hands thoroughly.
2. Either spray the saline directly on the piercing to liberally flush the piercing, or soak a non-woven gauze in saline and apply that to the piercing.
3. You may need to use a q-tip or non-woven gauze to clean away any debris or "crusties" that may have collected on the jewelry around the piercing.
4. It is not necessary to rinse this product away, however if you do rinse make sure it's with clean, running water.
5. If your jewelry is threaded (barbells, etc.) check it to make sure it's still tight! Remember "righty tighty, lefty loosey."

OPTIONAL - USE A MILD SOAP AT THE END OF YOUR BATHING ROUTINE – ONCE DAILY

Your piercer may suggest a mild (non-antibacterial) liquid soap should be used at the end of your bathing routine to rinse away any skin or hair care products that could irritate your piercing. It is important to leave your jewelry in throughout your cleaning routine. Do not touch your piercing without first washing your hands; and leave your jewelry in at all times!

1. First wash your hands thoroughly with the same mild soap you will use to clean your piercing.
2. At the very end of your bathing routine, lather your hands with a mild, liquid soap, then lather the jewelry and the area around the piercing for 30-60 seconds.
3. You may need to use a q-tip or non-woven gauze to clean away any debris or "crusties" that may have collected on the jewelry around the piercing.
4. Rinse all soap and suds away under clean, running water. If the jewelry moves easily, you may rotate it, but if it does not move easily don't force it! After rinsing, pat the area dry with a clean paper towel.
5. If your jewelry is threaded (barbells, etc.) check it to make sure it's still tight! Remember "righty tighty, lefty loosey."



Piercing/Body Piercing

TIPS FOR SPECIFIC BODY PIERCINGS

NAVEL

- Avoid having tight clothing (waistbands, etc.) rubbing on your piercing.

EAR AND FACIAL PIERCINGS

- Shield piercings from hair spray and styling products.
- Clean your telephone frequently and avoid contact with unclean phones.
- Avoid sleeping with wet hair if you have a new ear piercing. The moisture can lead to complications.

NIPPLE PIERCINGS

- You may want to sleep in a clean, tight fitting shirt or sports bra, especially if you have pets that get on or in your bed.

GENITAL PIERCINGS

- While sexual contact is not prohibited, it should be gentle and piercings must be protected from other people's body fluids (saliva or other) while they are still healing (even if you are in a monogamous relationship). A good quality condom or other barrier is vital to prevent infections. Avoid any lubricants that are not water based.
- Soap may not be necessary for some mucous membranes.

ORAL PIERCING AFTERCARE

USE A DILUTED, ALCHOL-FREE MOUTHWASH – MORNING AND EVENING

Oral hygiene must be maintained while any piercing inside the mouth is healing, however using a mouthwash that is too strong can damage cells and slow the healing process. Be sure to choose an alcohol-free mouthwash such as Biotene, Crest Pro-Health, or Colgate Advanced Care, and dilute it 50/50 with distilled or bottled water. Do not touch your piercing without first washing your hands; and leave your jewelry in at all times!

1. Wash your hands thoroughly.
2. Swish gently with an alcohol-free mouthwash, diluted 50/50 with distilled or bottled water, for 30-60 seconds.
3. If you wish, you may rinse your mouth with clean, bottled water.
4. If your jewelry is threaded (barbells, etc.) check it to make sure it's still tight!
5. Remember "righty tighty, lefty loosey."
6.

RINSE WITH COOL, BOTTLED WATER AFTER MEALS, SNACKS, OR SMOKING

Piercing/Body Piercing

BODY PIERCING AFTERCARE

WHAT TO AVOID WHILE HEALING A BODY PIERCING

- Avoid touching your piercing, except when you are cleaning it.
- Avoid oral contact or contact with other people's body fluids.
- Avoid using any aftercare products or ointments that were not suggested by your piercer.
- Avoid getting lotions and/or makeup in or around your piercing.
- Avoid pools, hot tubs, lakes, rivers, etc. Using a waterproof, breathable bandage (such as Tegaderm) is a viable option for some piercings.





Piercing/Body Piercing

Research: Knowing what to expect can help determine the best time to schedule your child's piercing. The healing period for earlobe piercings is typically 6 weeks. This means you cannot change your piercing earrings during this time. Different activities your child participates in may also be affected by the piercing. For example, many sports require that you take out or place tape over all piercings for games. Knowing the rules beforehand will prevent any issues down the line!

Finding the Right Location: The method of ear piercing used is dependent on the location you choose. Some places use a piercing gun, which is loud and often creates discomfort. Others use a large needle to create the piercing hole before inserting the starter earrings. The Inverness Piercing System is a hand-pressured instrument that is smooth and quiet. With our system, the piercing earring serves as the needle to create the piercing and connect with our exclusive Safety Back ™ in one smooth motion. To find a location near you that uses the Inverness System,

What to Expect – **Before the Piercing**: The piercing associate will start by reviewing the piercing process and helping you select your piercing earrings. Next, they will explain the aftercare process and have you sign the ear piercing permission form. Please note that in the U.S., anyone under 18 must have their parent or legal guardian sign the form and be present for the piercing.

What to Expect – **the Piercing Process**:

1. **Cleanse:** The piercing associate will sit you down in a chair and make sure your hair is up and out of the way or clothes out of area. The professional will then have a prepped area, sterilize, and explain what the steps are to comfort you.
2. **Mark:** Next, he or she will mark the piercing location using a special surgical marking pen. You will be provided with a mirror to approve the dots before piercing. Once the dots are approved and location, the piercing can begin.
3. **Pierce:** The professional will line up the hand-pressured Inverness piercing instrument that has been loaded with our pre-sterilized piercing earring capsule. The sharp tip of the piercing earring glides easily through the ear and connects with the exclusive Safety Back™ in one smooth motion. The Safety Back ensures that the sharp tip remains covered and prevents the back from squeezing too tight against the ear during healing. Please note there are various methods to pierce, plesae ask what options there is and what is best for you!

Piercing/Body Piercing

- Circulation disorders
- High or low blood Pressure
- History of thrombosis/embolism
- Epilepsy (epileptics must be accompanied by someone if you are to pierce their ears)
- Pregnancy
- Diabetes
- Dysfunctions of the nervous system
- Hepatitis
- Skin disorders
- HIV
- Bruises or recent haemorrhage or swelling
- Scar tissue or keloids
- Warts or moles (you may pierce through freckles)
- Cuts, abrasions or recent operations
- Previous hypersensitivity reaction to any associated materials.
- Dental caries or gum disease — for oral piercings.
- Sexually transmitted infection.





Piercing/Body Piercing

Potential Complications of Body Piercings

Ear
Allergic reaction, auricular perichondritis, embedded earrings, infection, keloid formation, perichondral abscess, traumatic tear

Genitals (women)
Allergic reaction, compromise of barrier contraceptives, infection, keloid formation

Genitals (men)
Frictional irritation, infection, paraphimosis, penile engorgement, priapism, recurrent condyloma, urethral rupture, urethral stricture, urinary flow interruption

Mouth
Airway compromise, altered eating habits, gingival trauma, hematoma formation, increased salivary flow, infection, injury to salivary glands, interference with radiographs, loss of taste, Ludwig's angina, pain, permanent numbness, speech impediments, tooth fracture or chipping, uncontrolled drooling

Navel
Bacterial endocarditis,* frictional irritation, infection, jewelry migration and rejection

Nipples
Abscess formation, bacterial endocarditis,* breastfeeding impairment, infection

Nose
Infection, jewelry swallowing or aspiration, perichondritis and necrosis of nasal wall, septal hematoma formation