

# Jewelry Styles



Date: \_\_/\_\_/\_\_\_\_  
 Style/Brand: \_\_\_\_\_  
 \_\_\_\_\_

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

Check-up: \_\_\_\_\_  
 \_\_\_\_\_

Downsize?  
 \_\_\_ YES \_\_\_ NO \_\_\_ MAYBE

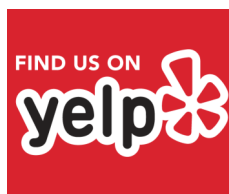
# WHAT TO AVOID:

- ◇ **SUBMERGING** in unhygienic bodies of water (e.g. pool, bath, ocean)
- ◇ **MOVING** your Piercing:
  - Rotating/Removing the Jewelry
- ◇ **CONTACT** with Potential Irritants\*
  - Snagging (e.g. hair and combs)
  - Hair/Face Products
  - Dirty Pillow Cases
  - Topicals (Tea Tree/ Neosporin)
  - **UNWASHED HANDS!**
- ◇ **MOISTURE** left around piercing

Troubleshooting TEXT LINE:  
 (310)625-9728  
 @aesthetic\_ambition\_sm

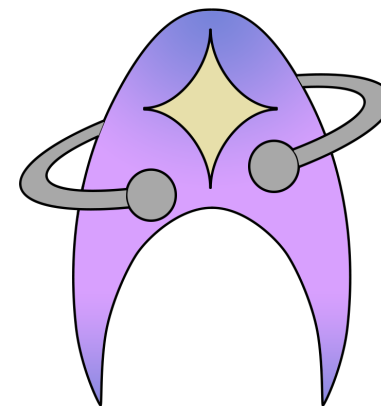
## PIERCERS:

- @aestheticsalternative
- @fae.piercings
- @brendanpiercing
- @katelynrobyn



# HARD TISSUE Piercing Aftercare

Your new piercing was performed by a skilled professional with sterile equipment and implant grade jewelry, but this does not guarantee that it will heal appropriately. *Aftercare of your piercing is your responsibility.* Follow this aftercare guide for best healing results.



Aesthetic Ambition  
 310-310-3397  
 aestheticambition.com

# The Essentials: Saline Irrigation, Sleeping Habits, and Downsizing

## Why Irrigation?

A healthy body has the power to heal a piercing wound all on its own. No magic potion will speed up this natural biological process. However, because of the presence of jewelry in the piercing, you do need some help removing “crusties” and other potential irritants from the entry-/exit-site and from the exposed jewelry—this process is called **Irrigation**.

## How to Irrigate:

The most recommended product for irrigating a healing piercing is a **Sterile Saline Wash** that has been pH balanced to the skin so that it does not interfere with your body’s natural healing process. The spray nozzle should be used to spray off the piercing site and jewelry following showers. This removes hard water, irritants, and “crusties” from the piercing site in a safe and effective manner.\*

\* Saturating the ends of a Q-tip can be useful for more precise cleaning, but be very GENTLE and watch out for prongs on the jewelry!



## Don't Sleep on It!

A healing cartilage piercing should NOT be exposed to extended periods of pressure, and this is exactly what happens when we sleep on our piercings.

Sleeping on cartilage piercings can cause:

- (i) raised scar-tissue “bumps” around the piercing,
- (ii) a permanent change in the angle of the piercing and thus appearance of the jewelry within it.

These effects are most common on ear-cartilage piercings because the compression of the ear against the head during sleep causes the jewelry to be shifted/titled for long periods of time, which irritates and eventually shifts the tissue around it.

## How to Avoid Damage:

1. Sleep on other side (if there is one).

2. Position your ear in the center of a donut-shaped neck pillow to keep it lifted from pressure while you sleep on your newly pierced side.



3. **DOWNSIZE ASAP!** Downsizing makes it less likely that the jewelry will be shifted/tilted during sleep, and so less likely to cause damage to the piercing.

## What is Downsizing?

Downsizing is the act of CHANGING (NOT cutting or trimming) your jewelry post or hoop to a smaller length or diameter piece of the same style and gauge, typically performed after the initial swelling period of healing a new piercing.

## Why Downsize?

Downsizing ear-cartilage piercings at the right time is crucial for healing because once the swelling period is over, the extra unworn space on the jewelry (i) increases snagging risk and (ii) causes the jewelry to tilt during sleep, which can become permanent:

