



The
PIERCING
Pamphlet

Piercings are everywhere

The piercing process has been around for thousands of years and has been growing more popular than ever in recent years. Piercings are unique, personal, and can be placed almost anywhere on the body. The most common types of appropriate jewelry for the various placements available are described in this Piercing Pamphlet. Suggestions are also made as to the most appropriate types for jewelry used for the various parts of the body.

It is strongly advised, regardless of the placement of the piercings, to always be pierced by a professional, using a hollow needle, and not a piercing gun.

Please note: We have only listed the most common jewelry lengths and sizes. You may require something different, as all jewelry is dependent on an individual's anatomy. If you have questions, or are unsure what size you need, consult with your professional piercer.

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EARLOBE

Located on the lower, fleshy part of the ear, earlobe piercings are the most common and widely accepted piercings for both women and men. It is strongly advised, despite how common this type of piercing is, to always have it done by a professional piercer, who will use a hollow needle and not a piercing gun.

Standard Piercing: | 18g to 20g.

Healing Time: | 6-10 weeks.

Jewelry Sizes: | 1/4 inch.

Jewelry Styles: | Rings, captive bead rings, circular barbells, curved barbells, labrets, mini barbells, and studs.





STACKED EARLOBE

These are the same as earlobe piercings, except the new piercing is stacked vertically above the first or second earlobe piercing. Another option is to place the piercing between the first and second lobe piercings, creating a triangle pattern.

Standard Piercing: | 20g to 18g.

Healing Time: | 3-6 months.

Jewelry Sizes: | 5/16 inch to 3/8 inch.

Jewelry Styles: | Studs and labrets.

FLAT

A piercing on the larger, flat part of the upper ear cartilage. Depending on anatomy, most people can fit one to three flat piercings in each ear.



- Standard Piercing:** | 18g to 16g.
- Healing Time:** | 6-12 months.
- Jewelry Sizes:** | 1/4 inch, 5/16 inch, and 3/8 inch.
- Jewelry Styles:** | Labrets and mini barbells.



CONCH

A piercing located in the thick, bowl-shaped part of the ear. They are nestled in the lower cartilage of the ear. Many people have room in the area to have two conch piercings, though it is best to let the piercer know you plan to have two so they leave room for it, if they are not both done at the same time.

Standard Piercing: | 16 to 14g.

Healing Time: | 3-9 months.

Jewelry Sizes: | 5/16 inch, 3/8 inch, 7/16 inch.

Jewelry Styles: | Labrets, curved barbells, and captive bead or hinged segment clickers, large enough to reach around the edge of the ear.



ROOK

A piercing placed in the smaller fold of cartilage in the upper part of the ear. Not all people have the anatomy for this piercing, and in those cases, it could be placed too deep or too shallow, which would likely lead to rejection of the piercing.



Standard Piercing:	18g to 16g.
Healing Time:	3-9 months.
Jewelry Sizes:	1/4 inch to 3/8 inch.
Jewelry Styles:	Curved barbell and captive bead rings or hinged segment clickers.



INDUSTRIAL/SCAFFOLD

A long barbell is pierced, at the same time, through the sides of the cartilage in the ear. Many people's anatomy cannot accommodate a standard industrial or scaffold piercing, though many piercers will custom bend the barbell to create a unique piece of jewelry that does fit properly, and looks slightly different from the standard piercing.

Standard Piercing: | 16 to 14g. 14g is the most common size.

Healing Time: | 3-9+ months.

Jewelry Sizes: | 1 inch - 2 inches (varies). 1 ¾ inches and 1 ½ inches are most common

Jewelry Styles: | Straight barbells, custom bent barbells, two small barbells, or two captive bead rings.

DAITH

A piercing placed in the thick part of the cartilage in the inner ear in line with the tragus. This area is called the crux of the helix, and most people have the anatomy for this piercing.



Standard Piercing:	16g or 14g.
Healing Time:	3-9 months.
Jewelry Sizes:	5/16 inch and 3/8 inch
Jewelry Styles:	Curved barbells, circular barbells, septum clickers, captive bead rings and hinged segment clickers.



TRAGUS

A prominent piercing placed on the cartilage of the external opening of the ear. Some people's anatomy can accommodate two tragus piercings on the same ear, but most cannot.

Standard Piercing: | 18g to 16g.

Healing Time: | 3-9 months.

Jewelry Sizes: | 1/4 inch, 5/16 inch, and 3/8 inch.

Jewelry Styles: | Labrets, captive bead rings or hinged segment clickers, curved barbells, circular barbells, and mini barbells

ANTI-TRAGUS

A piercing placed in the small, relatively vertical lip of cartilage above the earlobe, near the lower frontal rim of the conch.



Standard Piercing:	16g or 14g.
Healing Time:	3-6 months.
Jewelry Sizes:	5/16 inch, 3/8 inch, and 7/16 inch.
Jewelry Styles:	Curved barbells, circular barbells, captive bead rings or hinged segment clickers, and mini barbells.



HELIX

A piercing on the helix, which is the upper part of the ear's cartilage. It is similar to a flat piercing, but closer to the edge of the ear. Many people choose to have multiple helix piercings at once (most commonly two or three), though the amount is dependent on anatomy.

Standard Piercing: | 18g to 16g.

Healing Time: | 3-9 months.

Jewelry Styles: | Labrets, captive bead rings or hinged segment clickers.

SNUG/ANTI-HELIX

A snug piercing is also known as an anti-helix piercing. It passes through the anti-helix or anti-helical fold (the ridge between the inner and outer ear). The exact placement depends on the shape of the ear.



Standard Piercing:	16g or 14g.
Healing Time:	6 to 12 months.
Jewelry Sizes:	5/16 inch.
Jewelry Styles:	Curved barbells, and occasionally a hoop or ring for well-defined anatomy.



FORWARD HELIX

A piercing that follows the curve of the cartilage, the forward helix, around the outside of the ear until reaching the face. While many people have one, double and triple forward helix piercings are common as well.

- Standard Piercing:** | 18g to 16g.
- Healing Time:** | 3-9 months.
- Jewelry Sizes:** | 1/4 inch.
- Jewelry Styles:** | Labrets.

PLUGS

Plugs start out as regular 18g earlobe piercings (though some may start with a 16g or a 14g), and the piercing, once healed, is gradually stretched to enlarge the holes. It is important to allow for time to heal between stretches to the next gauge. Never stretch a piercing with wood, acrylic, or silicone.

Standard Piercing:	18g to 00g.
Healing Time:	Varies.
Jewelry Sizes:	18g to 00g.
Jewelry Styles:	Plugs made of glass, wood, horn, steel, and silicone that can be hollow or decorated.





LIP

A piercing located right on, or around, the lip area. It can be in the center, as well as the right or left side of the bottom lip.

- Standard Piercing:** | 16g to 14g.
- Healing Time:** | 4 -8 weeks.
- Jewelry Sizes:** | 3/8inc, 5/16 inch and 1/2 inch.
- Jewelry Styles:** | Captive bead rings, circular barbells, or hinged segment clickers, curved barbells, and labrets.

SNAKE BITES

Two piercings just under the bottom lip: one is on the right side and one is on the left side. Other variations on Snake Bites include Spider Bites, Angel Bites, Shark Bites, Dahlia Bites, and others – they are all dependent upon where the piercings are placed in proximity to the lip.

Standard Piercing:	16g to 14g.
Healing Time:	3-9 months.
Jewelry Sizes:	1/4 inch, 5/16 inch, or 3/8 inch.
Jewelry Styles:	Labrets, captive bead rings or hinged segment clickers, and circular barbells.





LABRET

This piercing is placed just above the chin and centered below the bottom lip. It is not attached to the lip itself. A variation on this piercing is known as a Vertical Labret, which places a curved barbell centered on the bottom lip – one end through the lip, and the other where a traditional labret would be placed.

Standard Piercing:	16g to 14g.
Healing Time:	4 -8 weeks.
Jewelry Sizes:	5/16 inch, with ring diameters from 3/8 inch, 5/16 inch to 1/2 inch.
Jewelry Styles:	Labrets and captive bead rings or hinged segment clickers. For a vertical labret: Curved barbells, barbells, and labrets.

MEDUSA/PHILTRUM

An upper lip piercing, centered in the middle of the lip, through the philtrum and directly under the septum of the nose.



Standard Piercing:	16g to 14g.
Healing Time:	2-4 months.
Jewelry Sizes:	5/16 Inch.
Jewelry Styles:	Labrets.



MONROE/MADONNA

An off-center lip piercing, placed above the upper lip. It is placed on the left-hand side to resemble Marilyn Monroe's beauty mark, and a Madonna piercing is the same, only on the right-hand side.

Standard Piercing: | 16g to 14g.

Healing Time: | 3-9 months.

Jewelry Sizes: | 1/4 inch, 5/16 inch, and 3/8 inch.

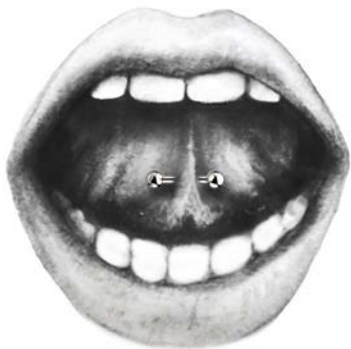
Jewelry Styles: | Labrets.

TONGUE

A barbell is placed through the tongue's thickest parts. Some people opt for two barbells, side by side, or one in front of the other.



Standard Piercing:	14g.
Healing Time:	4-8 weeks.
Jewelry Sizes:	The required length is dependent on individual anatomy.
Jewelry Styles:	Straight barbells.



WEB

A piercing through the tongue's web – known as both the frenulum linguae or the frenulum under the tongue. This is the part that attaches the tongue to the lower gum area. It is not visible unless it is being shown off.

Standard Piercing: | 18g to 16g.

Healing Time: | 8-10 weeks.

Jewelry Sizes: | 5/16 inch to 3/8 inch.

Jewelry Styles: | Mini barbells and captive barbells.

NOSTRIL

This piercing is located on the side of the nose in a ridge called the “supra-alar”, where the crease of the nostril flares. Can be pierced on the left or the right side of the nostril, or both sides at the same time. Others opt for multiple piercings, where up to three piercings are placed next to each other, or stacked, on the same side of the nose.

Standard Piercing:	20g to 18g.
Healing Time:	3-4 months.
Jewelry Sizes:	5/16 inch and 1/4 inch.
Jewelry Styles:	Captive bead rings or hinged segment clickers, nostril screws, nose bones, splitrings, and L-shapes.





HIGH NOSTRIL

Often placed above traditional nostril piercings, although they can be worn on their own, high nostril piercings are placed a few centimeters above the curve of nostril crease and through the cartilage of the nose.

Standard Piercing: | 20g to 18g.

Healing Time: | 6-8 months.

Jewelry Sizes: | 5/16 inch and 1/4 inch..

Jewelry Styles: | Labrets, nose bones, and L-shape.

SEPTUM

A piercing that is placed in the tissue beneath the central cartilage of the nose, where the nostrils are divided. This is often referred to as “the sweet spot.”



Standard Piercing:	16g to 4g.
Healing Time:	4-8 weeks.
Jewelry Sizes:	1/4 inch to 5/16 drop, 6mm, 7mm, or 8mm clicker, and 1/4 inch to 3/8 inch split ring.
Jewelry Styles:	Circular barbells, septum retainers, captive bead rings or hinged segment clickers, septum clickers, and split rings.



BRIDGE

A bridge piercing, which is also sometimes called an “Erl”, is a horizontal bar placed in the skin across the bridge of the nose. It is considered a surface piercing, as most people do not have a lot of flesh for the jewelry to grab onto in this area.

Standard Piercing: | 16g to 14g.

Healing Time: | 8-12 weeks.

Jewelry Sizes: | 3/8 inch, 7/16 inch, and 1/2 inch.

Jewelry Styles: | Barbells.

EYEBROW

This piercing is located above either the left or right eye, through the skin of the eyebrow. Some people get double or triple eyebrow piercings, which are placed next to each other in a row.



Standard Piercing:	16g to 14g.
Healing Time:	6-8 weeks.
Jewelry Sizes:	1/4 inch, 5/16 inch, and 3/8 inch.
Jewelry Styles:	Curved barbells, captive bead rings, hinged segment clickers, and mini barbells.



NAVEL

A piercing that is located both in and around the navel. It may be done on the top, bottom, or sides – or in some combination of the above styles, with multiple piercings. Placement is highly anatomy dependent.

Standard Piercing:	14g.
Healing Time:	3-4 months.
Jewelry Sizes:	5/16, 3/8 inch, 7/16 inch, and 1/2 inch
Jewelry Styles:	Curved barbells or J-curves. In some circumstances, a ring can be worn in a pierced navel.

NIPPLE

A piercing which goes straight through the nipple, either horizontally or vertically.

Standard Piercing: 14g is most common; sometimes 16g is used for male nipples.

Healing Time: 6-8 months.

Jewelry Sizes: Male: 3/8 inch, 7/16 inch, 1/2 inch and 9/16 inch but the size will vary based on anatomy.
Female: 1/2 inch, 9/16 inch, 5/8 inch, and 9/16 inch but the size will vary based on anatomy.

Jewelry Styles: Jewelry Styles: Straight barbells, curved barbells, nipple shields, nipple clickers, and captive bead rings.





DERMAL

A single-point piercing in which a microdermal anchor is placed under the skin and slid into place. The top is then secured to the part of the anchor that is visible, and almost flush with the skin. They can be placed anywhere on the body, including the face, neck, chest, arms, and hands.

Standard Piercing: | 1.2mm screw with 14g bar.

Healing Time: | 6-12 weeks.

Jewelry Sizes: | 3mm, 4mm, 5mm, 6mm, and 7mm.

Jewelry Styles: | Dermal Tops.

TYPES OF PIERCING JEWELRY



INTERNALLY THREADED JEWELRY

This is a very common titanium jewelry style, in which a top (be it a ball, a stone, or any top has threading that is screwed into the base.) It is very common for initial piercings.



EXTERNALLY THREADED JEWELRY

This jewelry has the threading on the base of the jewelry that the balls, stones, and tops thread onto. It is less common for initial piercings than internally threaded piercings, but is still used as such.



THREADLESS JEWELRY

The balls, stones, and tops of the jewelry are slightly bent and inserted into the post, and held there by pressure. It is easy to change and can be used for initial piercings. Most gold piercing tops are threadless.

PIERCING AFTERCARE

- 1 | Clean the piercing with sterile saline spray or wash, with no additives (which can be found in most drugstores – or purchased from your piercer) is the best way to clean your new piercing. Do not use alcohol, peroxide, Bactine™ (and similar products), or Dial™ soap, as they can irritate the piercing and are not for long-term wound care. Ointments for wounds will block necessary air flow and can cause rejection of the piercing. Also avoid soaps with harsh dyes, fragrances, or the antibacterial additive triclosan.
- 2 | Wash your hands before touching the piercing for any reason.
- 3 | Clean the piercing with sterile swabs, gauze, or similar disposable products. that are lint free. If you are soaking your piercing, do so for five to ten minutes, then gently dry with a soft cloth.

- 4 | Leave your piercing alone when you are not cleaning it. There is no need to rotate jewelry during the healing process, as was once believed. Do not play with the jewelry, and only touch it for cleanings.
- 5 | While cleaning, check the ends to make sure the threading on the jewelry is tight so it does not fall out at any point, as new holes will shrink or close over quickly if left without jewelry for any amount of time.
- 6 | You will find some “crust” on the jewelry or around the piercing at times. This is normal, as is some clear to whitish secretions that are not pus-like.
- 7 | Piercings heal from the outside in, so while your piercing may seem healed, that does not mean the inner parts of the piercing are healed. They can be tender and the piercing should be cared for as long as recommended, even if it seems healed on the outside.

- 8 | Do not sleep on new ear piercings. Keep your hair and hair care products away from the new piercing(s). Do not spray perfume or body spray on any new piercings.
- 9 | Do not remove jewelry unless there is a problem – and if there is, contact your piercer to see what the problem is and how to rectify it. Do not change the jewelry until the piercing is fully healed. Have a piercer or medical professional assess the situation.

Please note:

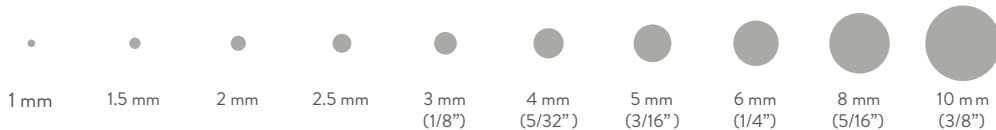
This is in no way a comprehensive guide to everything you should know about piercing aftercare; consult your piercer with any questions you may have. This guide is not intended to provide medical advice and should not be treated as such a guide.

To ensure the scale of this page is correct, this rectangle should measure 2 inches (5.08 cm) wide

PIERCING SIZING

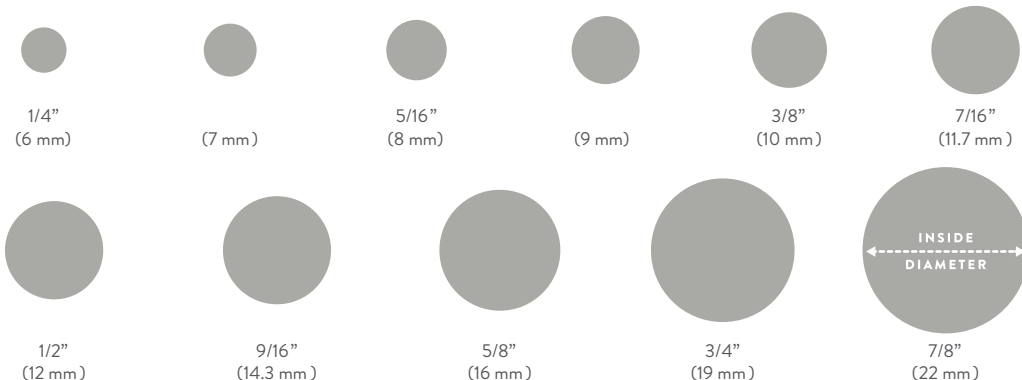
BALL OR STONE DIAMETER

Use the chart below to determine the size of the ball or stone on your jewelry



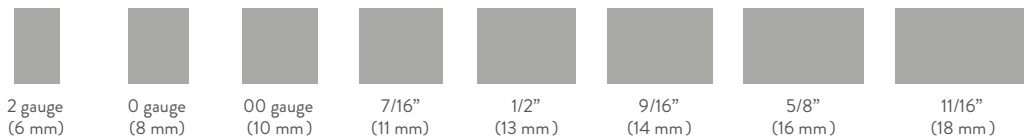
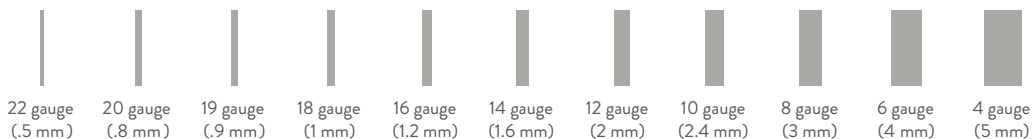
HOOP DIAMETER

Use the chart below to determine the inside diameter of your jewelry



BALL OR STONE DIAMETER

Use the chart below to determine the size of the ball or stone on your jewelry



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$11/16''$
(28 mm)



$1\ 1/8''$
(30 mm)



$1\ 1/4''$
(32 mm)



$1\ 3/8''$
(35 mm)



$1\ 1/2''$
(38 mm)



$1\ 5/8''$
(41 mm)



$1\ 3/4''$
(44 mm)



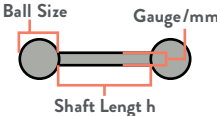
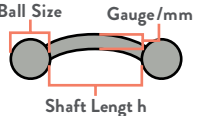
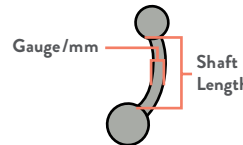
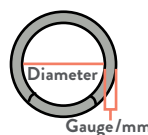
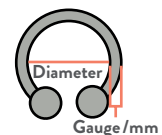
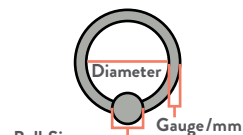
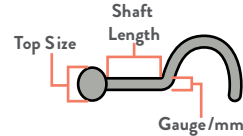
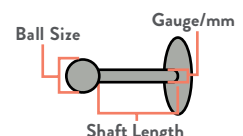
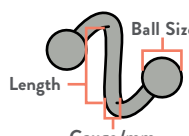
$1\ 7/8''$
(47 mm)

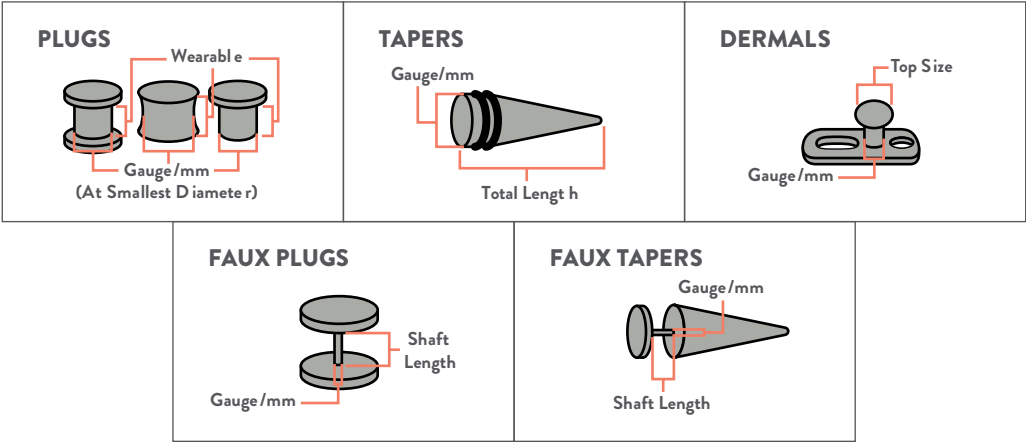


$2''$
(50 mm)



HOW TO MEASURE YOUR BODY JEWELRY

<p>BARBELLS</p>  <p>Ball Size Gauge/mm Shaft Length</p>	<p>CURVES</p>  <p>Ball Size Gauge/mm Shaft Length</p>	<p>NAVELS</p>  <p>Gauge/mm Shaft Length</p>
<p>HINGED HOOP CLICKER</p>  <p>Diameter Gauge/mm</p>	<p>HORSESHOE RINGS</p>  <p>Diameter Gauge/mm</p>	<p>CAPTIVE BEAD RINGS</p>  <p>Diameter Ball Size Gauge/mm</p>
<p>NOSE SCREW</p>  <p>Top Size Shaft Length Gauge/mm</p>	<p>LABRETS</p>  <p>Ball Size Gauge/mm Shaft Length</p>	<p>TWISTS</p>  <p>Length Ball Size Gauge/mm</p>





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