



Type of Piercing	Typical Starter Size
Belly Button	14g or 12g (-1.0mm or 2.0mm)
Bridge	18g or 16g (-1.0mm or 1.2mm)
Cartridge	18g or 16g (-1.0mm or 1.2mm)
Cheek	16g-12g (-1.2mm-2.0mm)
Dermal	18g or 16g (-1.0mm or 1.2mm)
Earlobe	20g or 18g (-0.8mm or 1.0mm)
Eyebrow	18g or 16g (-1.0mm or 1.2mm)
Frenum	14g or 12g (-1.0mm or 2.0mm)
Industrial	14g (-1.0mm)
Lip (Fishtail)	14g or 12g (-1.0mm or 2.0mm)
Lip (Sub/Above)	18g or 16g (-1.0mm or 1.2mm)
Nipple	14g or 12g (-1.0mm or 2.0mm)
Nostril	20g or 18g (-0.8mm or 1.0mm)
PA	18g-6g (-2.5mm-4.0mm)
Septum	18g or 16g (-1.0mm-1.2mm)
Surface	16g, 14g, or 12g (-1.2mm, 1.6mm, or 2.0mm)
Tongue	14g or 12g (-1.0mm or 2.0mm)
Oral Web	20g (-0.8mm)
VCH & HCH	20g or 18g (-0.8mm or 1.0mm)

ideal size varies based on individual anatomy.

# PIERCING HARM REDUCTION

## Gauge & Length

The gauge (abbreviated as "g") of a needle refers to the size of the hole in the needle. The higher the gauge, the smaller the hole. The length should accommodate swelling during the healing process.

See Next page for suggestions.

# PIERCING HARM REDUCTION

## PIERCING KIT (CONTAINS:

- Information Guide
- Two 16g 1 1/2 tips
- Two 14g 1 1/2 tips
- 4 Alcohol Swabs & Gauze
- 2 Nitrile Gloves

## WHAT ELSE YOU MAY NEED:

- Clamp
- Marker/Pen
- Extra Gauze
- Bio Bin
- Extra Gloves
- Paper Towel
- Jewelry
- 18g or 20g

# PIERCING HARM REDUCTION

Piercing involves making a small hole in the skin with a needle, usually before inserting jewelry, such as rings or studs.

When breaking the skin, a pathway is created for bacteria &/or virus to enter, such as Hep B, Hep C, HIV, Staph & Tetanus.

With proper care, sterile equipment & work environment, risk can be minimized.

**NEVER SHARE NEEDLES, WIPES, OR OTHER EQUIPMENT**

# PIERCING HARM REDUCTION

## GETTING THE PIERCING:

- Piercer should wash their hands with soap & water.
- Cleaned & disinfect the work space.
- Piercer should wear medical gloves.
- Clean the area that will be pierced with a soap specifically made to kill germs, such as Betadine.
- For tongue piercings, rinse the mouth with a non-alcohol mouthwash for 30 seconds before getting the piercing
- Place a small dot in the location you'd like the piercing with a marker or pen. See if you like the location.
- Use the clamp or gauze to hold the tissue in place. Gauze can be helpful for gripping moist body parts ie. tongue.
- Pierce in one fluid steady motion, use the needle to guide jewelry through.
- Dispose of the piercing needle in a bio bin or puncture proof bottle. Avoid re-use or sharing of needles.

# PIERCING HARM REDUCTION

## AFTER CARE:

- Cleanse the site right after piercing.
- No covering unless it's clean clothes.
- Wash the piercing the morning after the piercing. This is to give the wound time to close.
- Wash your hands with soap & water before touching the piercing.
- Wash the area around the piercing with soap & water 2x a day for 2 weeks & then daily.
- Dry gently with clean paper towel.
- Do not use alcohol/hydrogen peroxide on the area because its hard on skin.
- For mouth piercing, brush your teeth & use an alcohol-free, antibacterial mouthwash after eating. Rinse thoroughly to get rid of all the mouthwash.
- It is normal for a piercing to produce off-white fluid while it heals.
- Scabs will form around the hole. Soak & gently remove them when you wash.
- Try not to pick or tug at the piercing.
- Do not expose any new piercing to the saliva or body fluids of other people until it has healed.

**If you experience bleeding that won't stop, scarring, an allergic reaction to the jewellery, abscesses, boils, inflammation or nerve damage, seek medical attention.**

# PIERCING HARM REDUCTION

## POSSIBLE EXPOSURE?

If you are worried that you may have contracted an infection such as hepatitis C or HIV from the piercing, access testing through health care or a referral from a local harm redux team.

You can get tested right after getting a tattoo or piercing, but you should get tested again 3 months later because it can take 3 months for the test to be accurate.

# PIERCING HARM REDUCTION