

Type of Piercing	Typical Starter Size
Belly Button	14g or 12g (-1.5mm or 2.0mm)
Bridge	14g or 16g (-1.0mm or 1.2mm)
Cartilage	16g or 16g (-1.0mm or 1.2mm)
Cheek	16g-12g (-1.2mm-2.0mm)
Dermal	16g or 16g (-1.0mm or 1.2mm)
Earlobe	20g or 18g (-0.8mm or 1.0mm)
Eyebrow	16g or 16g (-1.0mm or 1.2mm)
Frenum	14g or 12g (-1.5mm or 2.0mm)
Industrial	14g (-1.5mm)
Lip (Horizontal)	14g or 12g (-1.5mm or 2.0mm)
Lip (Stud/Knot)	18g or 16g (-1.0mm or 1.2mm)
Nipple	14g or 12g (-0.8mm or 1.0mm)
Nose	20g or 18g (-0.8mm or 1.0mm)
PA	10g-6g (-2.5mm-4.0mm)
Septum	18g or 16g (-1.0mm-1.2mm)
Surface	16g, 14g, or 12g (-1.2mm, 1.5mm, or 2.0mm) Depending on location
Tongue	14g or 12g (-1.5mm or 2.0mm)
Umbil Web	20g or 18g (-0.8mm or 1.0mm)
VCH & HCH	Ideal size varies based on individual anatomy

Gauge & Length

The gauge (g) refers to the thickness of the needle. The higher the gauge number, the thinner the needle



Jewelry should be long enough to allow for swelling during healing. Jewelry that is too short can cause irritation, embedding, or delayed healing.

Piercing Kit Has:

- Information guide
- Two 16g x 1 1/4" Tips
- Two 14g x 1 1/4" Tips
- Four Alcohol Swabs
- Gauze
- Pair of Nitrile gloves

YOU MAY ALSO NEED:

- Clamp
- Extra gauze
- Extra gloves
- Jewelry
- Marker
- Sharps Container or Puncture-Proof Bottle
- Paper Towels
- 18g or 20g Needle (for smaller piercings)



Piercing involves creating a small hole in the skin or tissue with a needle before inserting jewelry

Any time the skin is broken, there is a risk of infection or transmission of blood-borne viruses such as hepatitis B, hepatitis C, and HIV.



Using sterile equipment, clean jewelry, proper hand hygiene, and a clean work area can significantly reduce these risks. NEVER SHARE NEEDLES, JEWELRY, GLOVES, WIPES, OR OTHER PIERCING EQUIPMENT

BEFORE & DURING THE PIERCING

1. Wash hands with soap and water
2. Clean and disinfect the work surface
3. Put on clean medical gloves
4. Clean the piercing site with an appropriate skin cleanser
5. For oral piercings, rinse with an alcohol-free mouthwash for 30 seconds beforehand
6. Mark the desired location and confirm placement
7. Use a clamp or gauze to stabilize the tissue if needed
8. Pierce in one smooth, steady motion and guide the jewelry through immediately
9. Dispose of the needle in a sharps container or puncture-proof bottle. Never reuse needles

AFTERCARE

- Wash your hands before touching the piercing
- Clean the piercing with saline or according to the jewelry/piercing site's aftercare needs
- Gently pat dry with a clean paper towel
- Avoid alcohol, hydrogen peroxide, or harsh cleansers, as they can slow healing
- Do not pick at scabs or dried discharge
- Avoid unnecessary touching, twisting, or tugging
- Do not allow other people's saliva or bodily fluids to come into contact with a fresh piercing

POSSIBLE EXPOSURE?

If you think you may have been exposed to HIV, hep B, hep C, or another infection through a piercing, access testing through a healthcare provider or local harm reduction program.

Testing can be done immediately after an exposure, but follow-up testing is recommended around 3 months later because some infections may not show up right away.



WHEN TO SEEK MEDICAL ATTENTION

- Bleeding that won't stop
- Severe swelling or pain
- Fever
- Pus or foul-smelling discharge
- Allergic reactions to jewelry
- Abscesses or boils
- Signs of nerve damage

PIERCING



HARM REDUCTION

