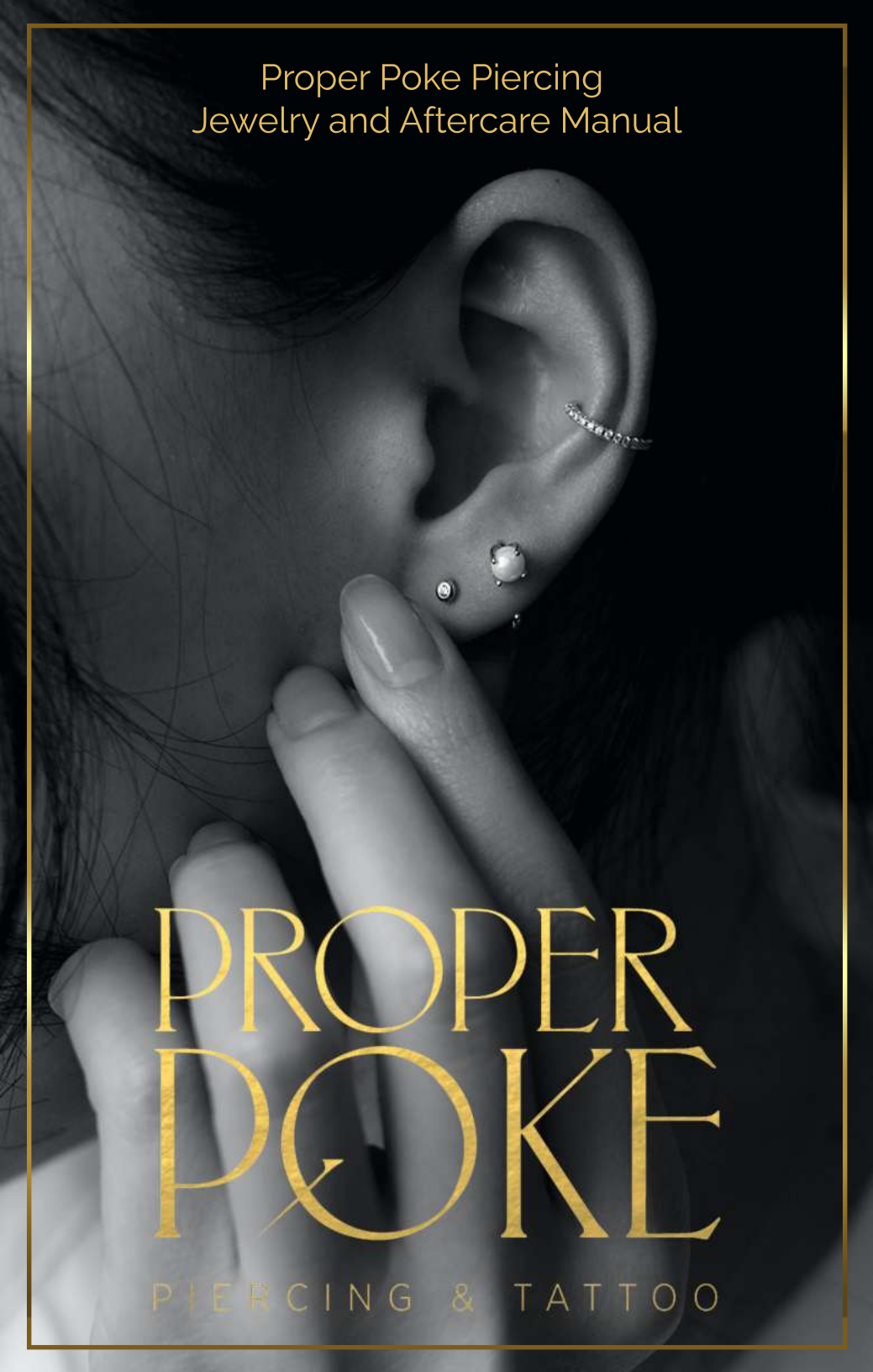


Proper Poke Piercing
Jewelry and Aftercare Manual



PROPER POKE

PIERCING & TATTOO

Thank you for choosing Proper Poke Piercing and Tattoo. Congratulations on your new body piercing! Please refer to this jewelry and aftercare manual to help you get through the healing phase.

SECTION ONE: AFTERCARE

OUR HEALING PHILOSOPHY-

Body piercings heal best when you get out of the way and let your body do its job.

The success of your body piercing depends on your aftercare procedure. If your piercing is neglected, or irritated, it will almost certainly fail to heal properly. You must allow your body to heal without interruption of its natural healing process. Chemicals will not aid in the healing of your piercing. This means we do not suggest the use of harsh chemicals, fragrant soaps, essential oils or ointments. From research and experience, we have found that strong chemicals are counter productive and delay healing. Our aftercare utilizes sterile saline solution.



SUGGESTED AFTERCARE PROCEDURE-

Follow these steps 2 - 3 times per day:

Step One: Wash your hands

Step Two: Spray your entire piercing with sterile saline solution

Step Three: Wipe away any crusty discharge from the jewelry with non-woven gauze soaked with saline, or a fully saturated cotton swab

Step Four: Pat the piercing dry with non-woven gauze, or another clean disposable product.

Once daily: Rinse your piercing with fresh, warm water in the shower. This should loosen any hard crusty bits that may form on the jewelry. After your shower, do a saline spray.

TIPS AND TRICKS-

Clean bedding is a must. Change it regularly to prevent complications, especially your pillowcases. Anything that comes into contact with your new piercing, must be clean. Use the t-shirt trick: Dress your pillow in a large, clean t-shirt and turn it nightly; one clean t-shirt provides four clean surfaces for sleeping.

Neck travel pillows can help you avoid sleeping on any healing ear piercing.

Avoid undue trauma such as friction from clothing, excessive motion of the area, playing with the jewelry, and vigorous cleaning. These activities can cause the formation of unsightly and uncomfortable scar tissue, migration, prolonged healing, and other complications.

Avoid submerging the piercing in unhygienic bodies of water such as lakes, pools, hot tubs, etc. Or, protect your piercing using a waterproof wound-sealant bandage.

Avoid all beauty and personal care products on or around the piercing including cosmetics, lotions, and sprays, etc.

Don't hang charms or any object from your jewelry until the piercing is fully healed.

Avoid all oral contact and contact with others' bodily fluids on or near your piercing during healing.

Maintain cleanliness of telephones, headphones, eyeglasses, helmets, hats, and anything that contacts the pierced area.

Do not rotate, twist, or turn jewelry while healing. Don't touch it at all, unless your hands have been thoroughly washed and it is absolutely necessary.

Stay healthy. The healthier your lifestyle, the easier it will be for your piercing to heal. Get enough sleep and eat a nutritious diet. Exercise during healing is fine; listen to your body.

ORAL PIERCING-

Use one or both of the following solutions for inside the mouth: Antimicrobial or antibacterial alcohol-free mouth rinse.

Packaged sterile saline solution with no additives, (read the label).

Rinse mouth with cleaning solution for 30 seconds, upon waking up, after meals and at bedtime (4-5 times daily) during the entire healing period.

Cleaning too often or with too strong a rinse can cause discolouration and irritation of your mouth and piercing. Avoid oral contact with everyone while healing.

TO HELP REDUCE SWELLING-

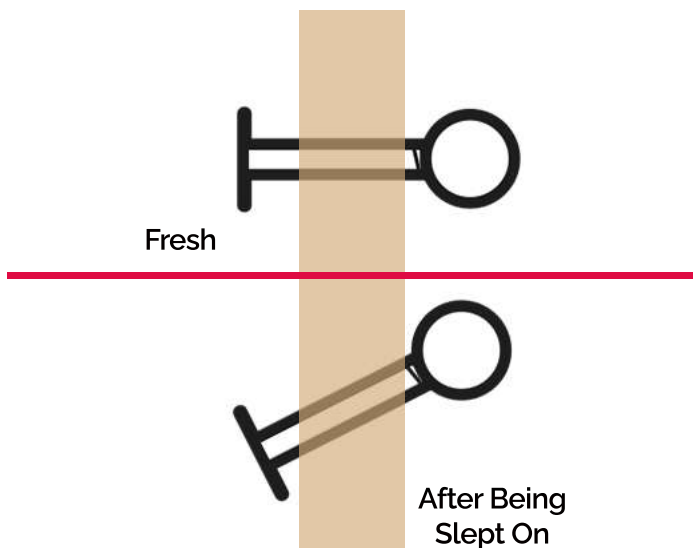
Allow small pieces of ice to dissolve in the mouth. Don't speak or move your jewelry more than necessary. Sleep with your head elevated above your heart during the first few nights.

TO MAINTAIN GOOD ORAL HYGIENE-

Use a new soft-bristled toothbrush and store it in a clean area away from other toothbrushes. Brush your teeth and use your chosen rinse (saline or mouthwash) after every meal. During healing floss daily, and gently brush your teeth, tongue and jewelry. Once healed, brush the jewelry more thoroughly to avoid plaque build up.

DOWNSIZING IS IMPORTANT-

Most piercings are started with jewelry that is a bit longer or larger in diameter to accommodate for initial swelling, and to aid in cleaning. Once the initial swelling has subsided, please visit Proper Poke for a jewelry downsize. We typically recommend that you visit approximately 4 to 6 weeks after your piercing. If you sleep on your piercing or it is otherwise irritated, it can cause a permanent distortion in the angle of the piercing, it can drift. Downsizing your jewelry in a timely manner can prevent any drift and distortion from happening. There is no service charge for a downsize, but jewelry fees apply.



QUESTIONS? ISSUES?

Most piercing issues are NOT infections. If you have any questions at all, please reach out to us! We are happy to help you with your healing journey.

While true piercing infections are rare, it is absolutely essential to seek professional medical assistance at the very first sign of infection. Symptoms include: sudden onset of swelling, excessive bleeding or discharge of dark yellow, green, or dark coloured fluid. Some redness and swelling is normal, but excessive redness and/or red stripes coming from the piercing site are indications of a more serious problems. Fever, upset stomach, dizziness, or vomiting may also be signs of infection. Should any of these symptoms occur, immediately contact a doctor or medical professional.

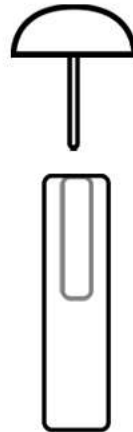
SECTION TWO: JEWELRY

Proper Poke Piercing and Tattoo uses safe, high quality implant grade body jewelry. We source our jewelry from a variety of manufactures. All of our jewelry comes with a lifetime warranty guarantee from any manufactures defect. We stock implant grade titanium, 14kt or higher gold, niobium, and glass. We also carry a limited inventory of implant grade surgical steel. All body jewelry requires some simple upkeep and maintenance. Care should be taken to keep ends tightly attached to shafts. Although we make every effort to put jewelry on tightly, only you can keep it that way.

Threading Examples



Internally Threaded Jewelry



Threadless Jewelry





INSERTION TAPERS-

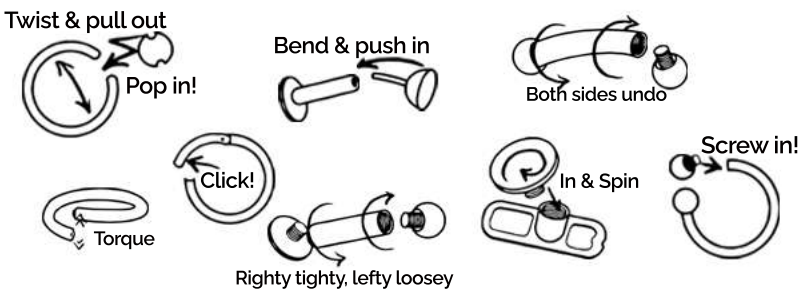
An insertion taper is a tool used to guide jewelry into a piercing. The insertion taper starts out thin, then tapers to the same thickness of the jewelry. The end of the insertion taper typically has a thin link or threading to connect the jewelry to the taper. Tapers may only be used on one person. Sharing tapers or body jewelry can result in infections and transfer of diseases. Don't risk it! We stock and sell insertion tapers.

HOW TO USE AN INSERTION TAPER-

Wash your hands with soap and water. If you have disposable gloves, put them on. Clean the insertion taper with soap and water, or wipe it thoroughly with 70% isopropyl alcohol. Clean the piercing site with soap and water. Gently guide the thin part of the taper through the channel of the piercing. This should not hurt at all. If this is uncomfortable, remove the insertion taper and see your piercer.

Follow the jewelry behind the insertion taper, screwing it on completely to the taper, (if threaded), or butting it up against the taper using the link portion, (if threadless). Or settling it into the indented portion (if concave).

Please see the diagram below for information on how different types of jewelry work.



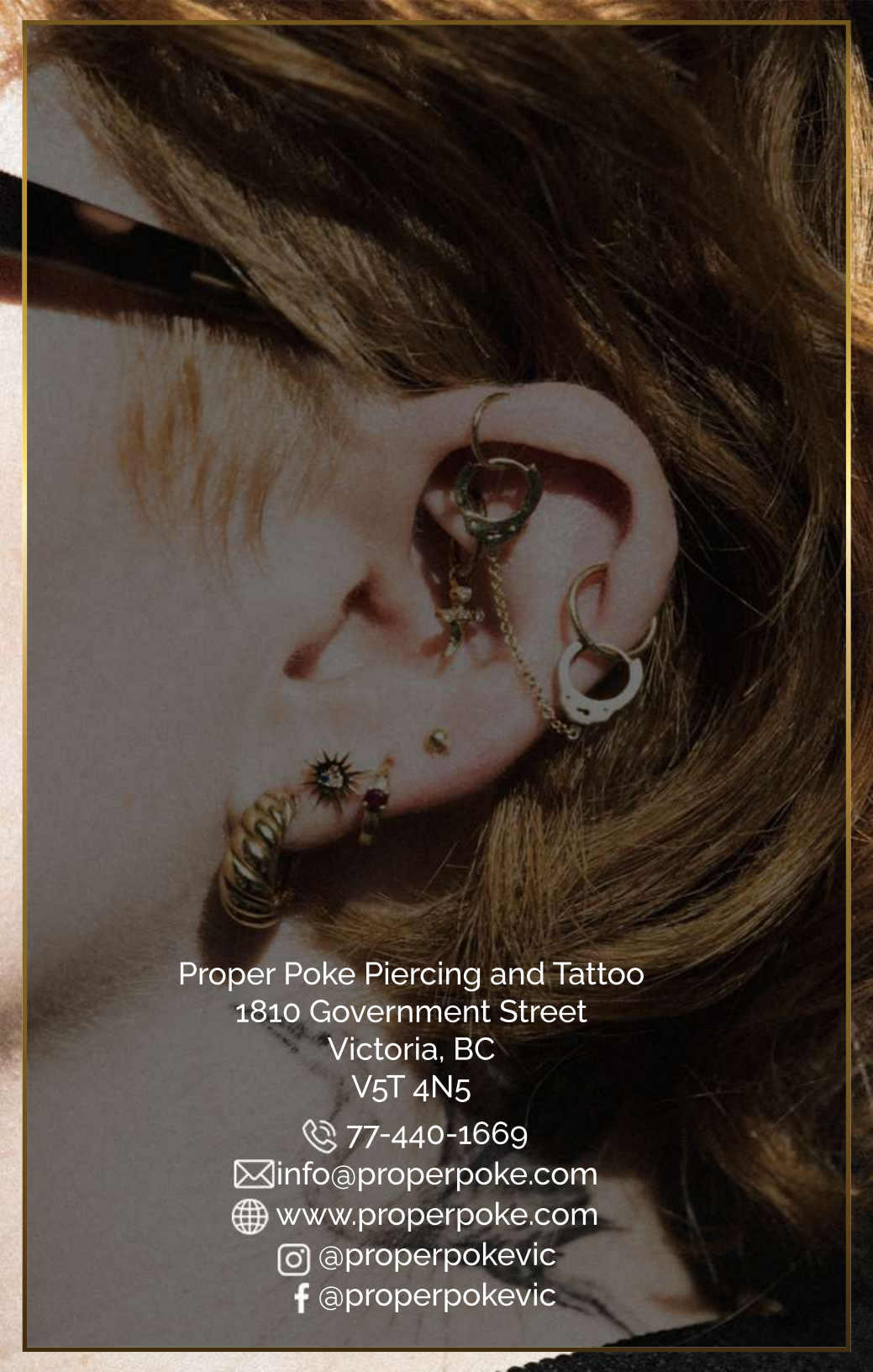
JEWELRY ANODIZATION-

Titanium and niobium jewelry can have the colours changed through a process called anodization. Proper Poke offers this service as a way to make your jewelry look unique. It is important to note that the colour of anodized jewelry can have a shelf life depending on the size and shape, as well as your lifestyle. Anodization may slowly fade with time.





FINAL NOTE-

We hope this manual is useful in your body piercing journey. Feel free to reach out to us any time. Happy Modifying!

A close-up photograph of a person's ear, heavily adorned with various piercings and jewelry. The earlobe has a large, textured gold hoop. The helix has a gold ring with a starburst design. The conch has a gold ring with a small red gemstone. The tragus has a gold ring with a small red gemstone. The ear canal has a gold ring with a small red gemstone. The upper ear has a gold ring with a small red gemstone. The lower ear has a gold ring with a small red gemstone. The ear is surrounded by long, wavy brown hair.

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