



## A SURVIVOR'S GUIDE TO YOUR FIRST (OR NEXT) METAL EMBELLISHMENT

### So, You Want to Get Pierced?

Deciding to get pierced is a thrilling mix of excitement and 'what have I gotten myself into?' Fear not, brave soul. Here's a quick rundown of what to expect when you voluntarily let someone poke a hole in you with a needle.

1

#### Before the Big Poke: **Prep Mode**

**Eat Something!** Please, for the love of all that is holy, have a decent meal an hour or two before your appointment. Fainting is not a good look on the piercing table. A snack helps keep your blood sugar from taking a nosedive.

**Hydrate:** Drink plenty of water beforehand. Your body will thank you.

**Skip the Pre-Game Drinks:** Avoid alcohol and excessive caffeine for at least 24 hours prior. They can thin your blood, which is not the party you want during a piercing.

**Dress for Success:** Wear comfy, loose clothing, especially if it's near the piercing site. No one wants to wrestle with skinny jeans after getting a navel piercing.

2

#### At the Studio: **The Main Event**

**Paperwork & ID:** You'll start with the thrilling task of filling out a consent form. Yes, you are willingly signing up to be "stabbed right now." Have your ID ready to prove you're old enough for this excellent decision.

**Jewelry Window Shopping:** Now for the fun part! You'll pick out your starter jewelry. This is not the time to be cheap; you'll be wearing this piece for weeks or even months, so choose wisely.

**The Dot:** The piercer will clean the area and mark a dot for placement. This is your moment to speak up! Look in the mirror. Does it look right? If not, say so. It's much easier to move a dot than a hole.

**The Deed Itself:** You'll likely be asked to lie down. The piercer will tell you to take a deep breath, and before you know it, it's done. It's a quick, sharp pinch, and then it's over. The jewelry is then inserted, and you are officially more sparkly.

3

#### After the Ouch: **The Healing Journey**

**Listen to the Pro:** Your piercer will give you aftercare instructions. Follow them religiously. They know what they're talking about.

**Hands Off!** Resist the urge to touch, twist, or play with your new bling. Your hands are germ-mobiles, and fiddling can lead to irritation.

**Clean, Clean, Clean:** Wash your hands before touching the piercing. Clean the area as directed, usually with a sterile saline solution, once or twice a day.

**Patience is a Virtue:** Healing takes time—from several weeks to many months, depending on the spot. Don't change the jewellery until it's fully healed, unless your piercer tells you to come back for a downsize.

**Beware of Bumps:** Don't be shocked if you see some redness, swelling, or even a little bruising at first. However, if it gets excessively sore, red, or oozes yellowish liquid, you might have an infection. In this case, go see your piercer. He will know exactly what to do.

4

**PIERCE IT...  
FLAUNT IT!..**

Welcome to the club! Now go forth and rock your new metal with pride!

Thank you for choosing **MODIFIED MONKEY**