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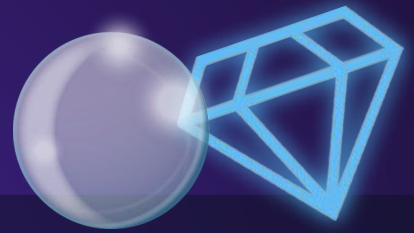
> Before the bling comes the clean!

Join us for a fun, in depth look at **skin prep** in the **piercing room** — complete with bubbles, banter, and a little info dump overload.

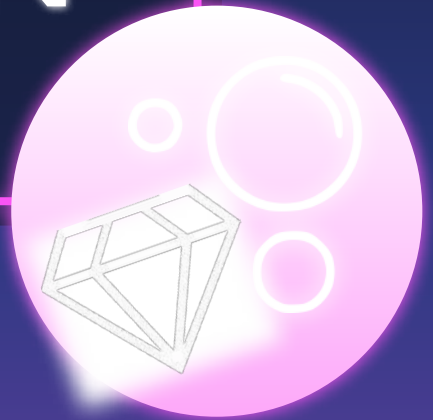
You'll learn different **prep techniques**, the science and **history** behind them, and, most importantly, some truly terrible **bubble puns**.

> Table of Contents



00

INTRODUCTION



Who gave them a microphone anyway...

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> Disclaimer

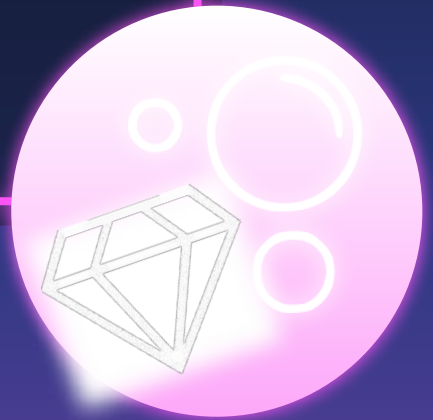
- Photos are OK
- Full PDF at the end

- Everything is correct to the best of my knowledge
- The intent of this class is simply to educate
- Take what works for you and leave the rest
- My views may not reflect the APP/AUPP’s values

01

GLOSSARY OF TERMS

Words are fucking hard



> Glossary: Pathogen

A microorganism or infectious agent that can cause disease in a host organism.

They can invade and multiply, disrupt normal functions and lead to infections and illnesses.

> Glossary: Antiseptic

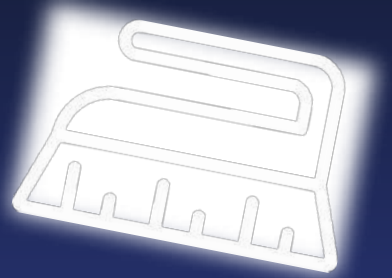
Antimicrobial substance, intended to be applied to intact and healthy skin, to prevent or arrest the transmission or spread of microorganisms to the underlying tissue.

They work through mechanical **removal**, **chemical** activity, or by disrupting their **cell structure**.

> Glossary: Aseptic Technique

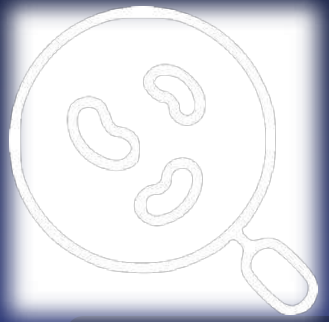
A set of procedures designed to **prevent contamination** and **protection from infection** by creating **barriers**, using sterile equipment, and following strict **guidelines** to maintain a germ-free environment.

Glossary: Surgical Scrub



Systematic **decontamination** of fingernails, hands, and forearms for **before undertaking** a procedure.

Glossary: Bactericide



A **chemical** agent that helps to prevent the formation of **bacteria**. Bactericides are often used as additives in coatings and corrosion inhibitors.

> Glossary: Physical Barriers

SKIN

The body's tough outer layer which prevents pathogens from entering. It makes sweat, which contains antimicrobials.

MUCOSA

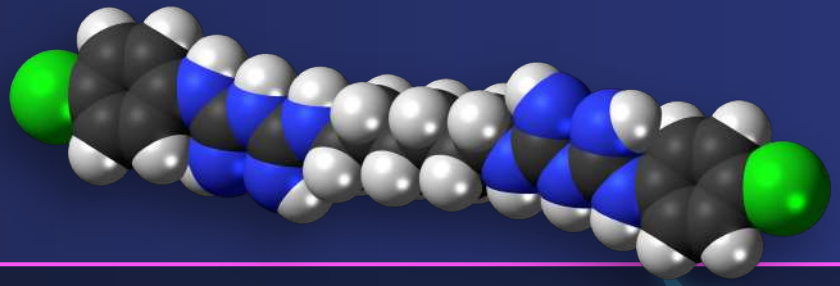
Line the various body openings and produces mucus which traps pathogens to remove them from the body.

> Glossary: Physical Barriers

OTHER BARRIERS

Tears, Earwax, and the flow of urine, are also all important natural defences which help to stop, block or remove pathogens from the body.

> Glossary: Chlorhexidine (CHX)



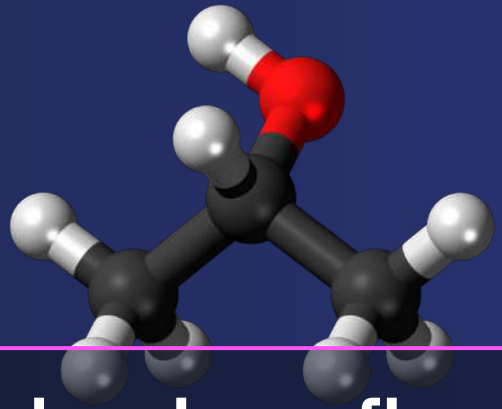
Chlorhexidine is a synthetic molecule, a broad-spectrum antimicrobial biguanide, that's made up of two 4-chlorophenyl rings and two biguanide groups, connected by a central hexamethylene chain.

> Glossary: Iodophor (Iodine)

A mix of a surfactant (surface-active agent) containing iodine making it a disinfectant.

Iodine needs a surfactant because it is poorly soluble in water and tends to clump.

> Glossary: Alcohol (Isopropyl)

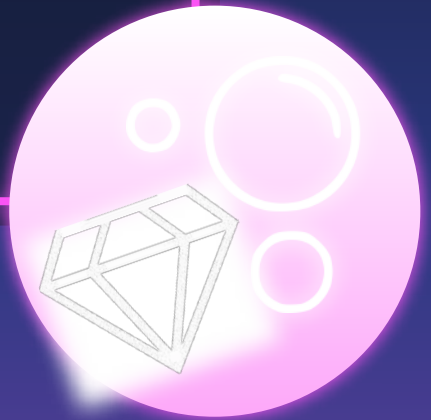


An organic colourless, flammable liquid with a strong, pungent alcoholic odor.

Usually produced by combining water and propene or by hydrogenating acetone.

02

TYPES OF PATHOGENS



Like a Pokédex for cooties

Bacteria

Self-sufficient factories that sets up in your body making helpful or harmful things from your resources. Too many harmful things and it starts to cause problems.

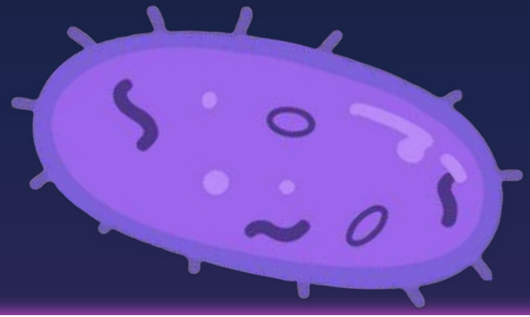
> Pathogens: Bacteria

Microscopic pathogens that release toxins that damage tissue, and cause illness after entering the body and rapidly reproducing.

There are many types of **harmless bacteria** in our bodies, and many **helpful** groups of bacteria located on your **skin** and in your **digestive system** which are called your **resident flora**, or your **microbiome**.

> Pathogens: Bacteria

Single thick **peptidoglycan** cell wall which make them more receptive to certain targeting antibiotics due to their lack of membrane.



Gram-positive bacteria

Thin **peptidoglycan** cell wall, but outer membrane which makes them more resilient numerous antibiotics like penicillin.

#teamhotdog

Gram-negative bacteria

Viruses

Like tiny hackers. They can break into your cells, take over their machinery, and force your body to duplicate themselves.

> Pathogens: Viruses

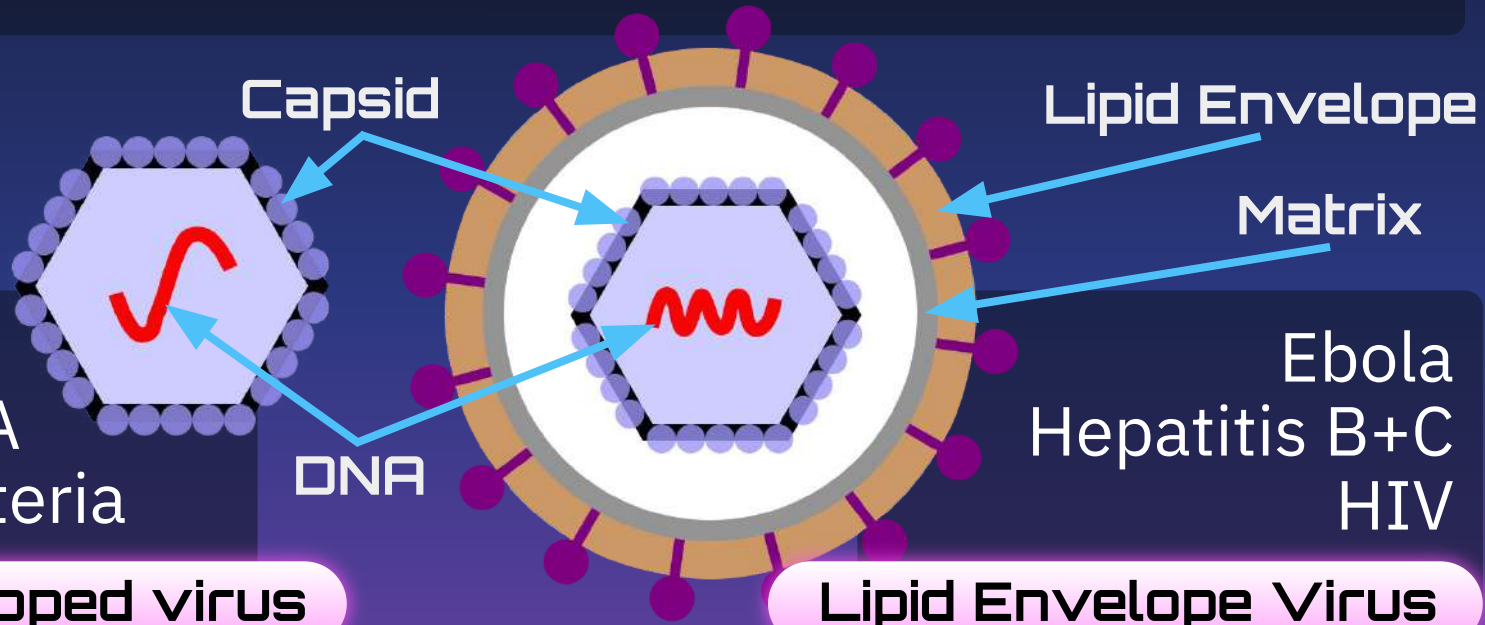
Infectious entities that hijack a host organism to survive and replicate.

Viruses can **infect** all organisms, like **people**, and even **plants** and **microbes**.

DNA viruses typically have double stranded DNA, while RNA viruses can have single or double stranded RNA.

> Pathogens: Viruses

Non-enveloped viruses often rely on endocytosis to enter cells, while enveloped viruses typically fuse with the cell membrane - however are more sensitive to disinfectants.



Poliovirus
Hepatitis A
Some bacteria

Non-enveloped virus

Ebola
Hepatitis B+C
HIV

Lipid Envelope Virus

Fungi

Like a plant that grows inside your body and on your skin. They can be harmless but can also cause damage, especially when they grow excessively.

> Pathogens: Fungi

Millions of fungal species, but only a few hundred can actually make people sick.

People with **weakened immune** systems are at higher risk of fungal infection.

Ringworm, **nail** infections and **candidiasis** (yeast) are common types of **fungal** infections.

Protists & Parasites

A diverse "junk drawer" of eukaryotes that don’t fit into the animal, plant, or fungi kingdoms.

> Pathogens: Protists & Parasites

An **organism** that lives on or in a **host** organism and benefits by deriving nutrients at the host's **expense**.

Infect other organisms to **survive** and **reprodu**

Invade host cells or tissues, multiply within them, and can cause damage or disrupt normal cellular function.

Protozoa

Like teenie animals that can live in or on you body, feeding off your resources or harming your tissues.

> Pathogens: Protozoa

A group (known as a phylum) of single-celled microscopic animals.

Most species are free living, but all higher animals are infected with one or more species of protozoa.

Includes: Amoebas, Flagellates, Ciliates, Sporozoans, and others

Helminths

Little worms that can live inside or outside your body, consuming nutrients or causing physical discomfort.

> Pathogens: Helminths

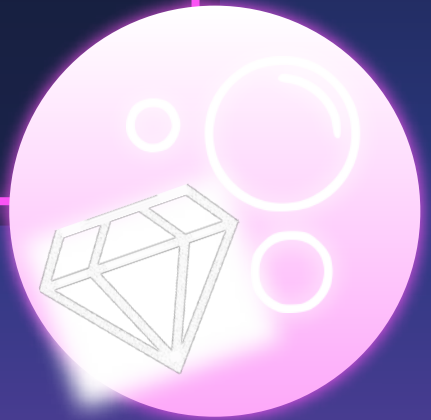
Are parasitic worms characterized by elongated, flat or round bodies.

Infection can present as digestive issues like gas, diarrhea, or constipation, eczema, hives, and chronic fatigue.

Anthelmintics drugs work by paralyzing the worms, disrupting their metabolism, or preventing them from absorbing nutrients.

03

HISTORY OF SKIN PREP



Less boring than you may think...

> History: Ancient Egypt

The concept of **treating wounds** to promote healing can be found as far back as **1400 BC** in an ancient Egyptian scroll called **Eber's Papyrus**, which states to use moldy bread on infected wounds - **3000** years before **penicillin** was discovered.

Some **Egyptian**-trained physicians brought these principles to **Greek** medicine during the **IV Century BC**.

Eber's Papyru - 1400 BC

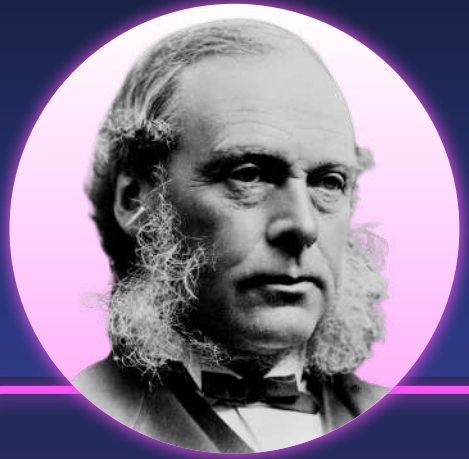
> History: Ancient Egypt cont.

It was really a revolutionary blend of magic and medicine.

It described doing **dental** fillings, descriptions of **depression** and **dementia** alongside herbal remedies for **toxicology** and even **pest control**.

It also states the “Treatise (tree-tis) on the heart” connects all blood vessels in the body to the heart.

> History: 18th Century



"Bacteria must never gain entry to an operation wound" - remains basic to modern surgery

Joseph Lister, an English surgeon born in **1827**, is credited as the founder of **antiseptic medicine** and a pioneer in **preventive** medicine.

Lister experimented with treating wounds with **Phenol** (carbolic acid) to stop **tissue decay** and found that surgical sepsis fell dramatically which led to **modern antiseptic** techniques.

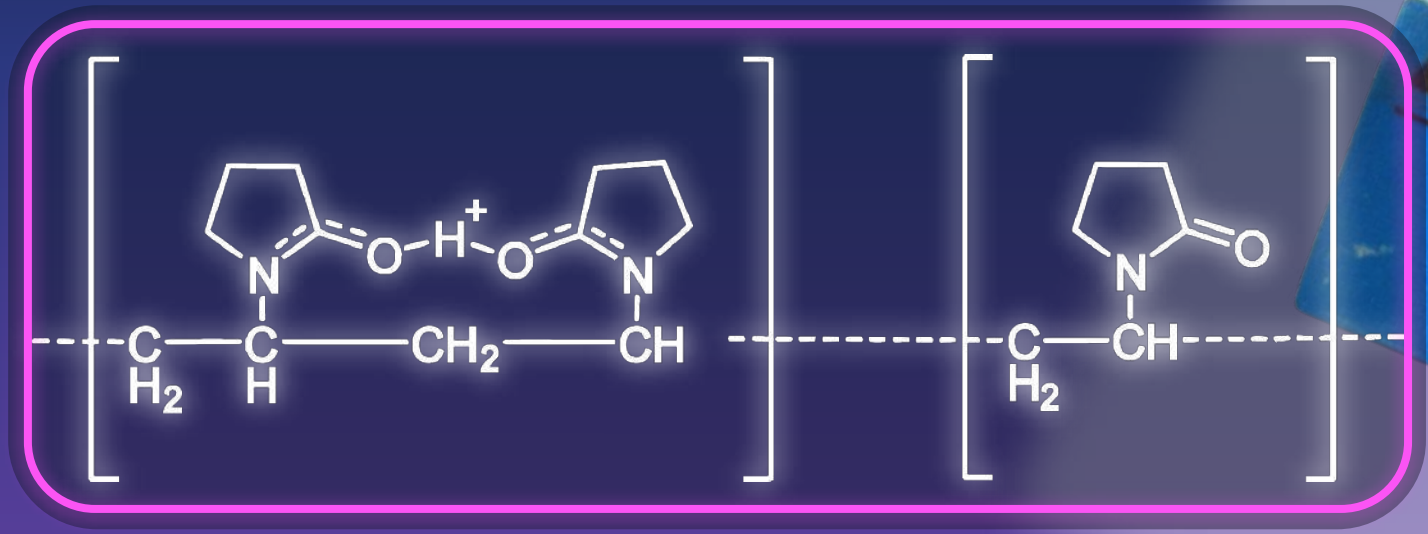
> History: 18th Century

Since its accidental discovery in **1811** by Bernard Courtois, **Iodine** has been recognised as an effective broad-spectrum chemical agent to help **prevent the formation** of bacteria, yeast, molds, fungi, viruses, and protozoans.

During an **experiment**, vapours started to rise after adding too much sulphuric acid to **seaweed ash** and they condensed into dark crystals - which would later be identified as **Iodine**.

> History: 1950s

Povidone-iodine was discovered in **1955** at the Industrial Toxicology Laboratories in Philadelphia as a **less toxic** alternative to antimicrobial iodine.



Editor's note: Iodine appears brown when mixed with polar solvents like water.

> History: 1950s

Chlorhexidine was discovered in the 1950s by Imperial Chemical Industries and introduced as a disinfectant and topical antiseptic in **1954**.

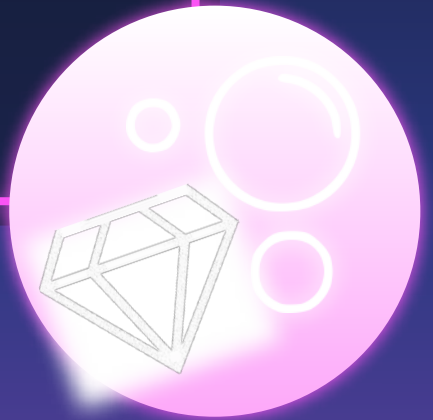
It was proven to reduce skin flora by around **90%** and began to be used in handwashes in the **1970s**.

Povidone-iodine (PVP-I) and **Chlorhexidine** (CHX) remain the most commonly used skin preps today.

> History: Modern Day

04

ANTISEPTIC PRODUCTS



Microbes never miss a chance to culture

Isopropyl Alcohol

> Products: Isopropyl Alcohol

Also known as rubbing alcohol or **IPA**, is effective at removing dirt, grease, and **contaminants**.

70% IPA is generally more effective as a disinfectant as the water slows evaporation.

> Products: Isopropyl Alcohol

Examples	• Alcohol Swab • Isocol
Onset	Rapid
Duration	Short as it evaporates
Application	Wipe outwardly in a spiral to remove gross debris

> Products: Isopropyl Alcohol

Mechanism	Denature proteins
Coverage	• Bacteria (potent) • Fungi (effective) • Lipid envelope viruses • Non-enveloped viruses (poor) • Bacterial spores (ineffective)

> Products: Isopropyl Alcohol

Advantages

- Broad spectrum
- Convenient and easy to use in wipe/swab
- Readily available and affordable
- Non-corrosive

Disadvantages

- Flammable
- Respiratory risk when vapor inhaled
- Not overly effective on it’s own & better used as a first step

Aqueous-iodophor

> Products: Aqueous-iodophor

Iodine is combined with a soluble agent, often **povidone**, to create a water-based solution like **Povidone-Iodine**.

This allows for a **sustained** release of f**ree iodine**, the active **antimicrobial** component.

> Products: Aqueous-iodophor

Acting like a reservoir, it slowly releases active free iodine onto the tissue which then destroys microbial proteins, nucleotides, and fatty acids.

It also creates a visibly identifiable antimicrobial layer, further minimising potential entry into a new wound.

> Products: Aqueous-iodophor

Examples	• Betadine • Scrub Care
Onset	Intermediate
Duration	2 hours
Application	2-Step scrub and paint

> Products: Aqueous-iodophor

Mechanism	• Free iodine oxidation/substitution • Protein and DNA damage
Coverage	• Gram + bacteria (Excellent) • Gram – bacteria (Good) • Fungi • Viruses • Mycobacterium tuberculosis

> Products: Aqueous-iodophor

Advantages

- Safe use on skin and mucous membrane
- Less toxic to client and environment when aqueous
- Visual identification of cleaned area

Disadvantages

- Possibility of allergic reactions
- Stains clothing and can remain on skin
- Should clean off after
- Expensive sterile

> Products: Aqueous-iodophor

Iodine Allergy

True allergic reactions to Iodine itself are extremely rare as it’s an essential nutrient of the body.

Reactions to soluble agents like Povidone are much more common and can present like dermatitis or even appear like a chemical burn.

> Products: Aqueous-iodophor

Iodine Allergy

Corticosteroid creams can be effective at treating mild delayed reactions, but severe reactions can cause anaphylactic shock.

If your client suspects they are allergic, it is suggested they see their medical specialist to do a test patch of different soluble agents and wait before proceeding with a piercing.

> Products: Aqueous-iodophor

Iodine Allergy

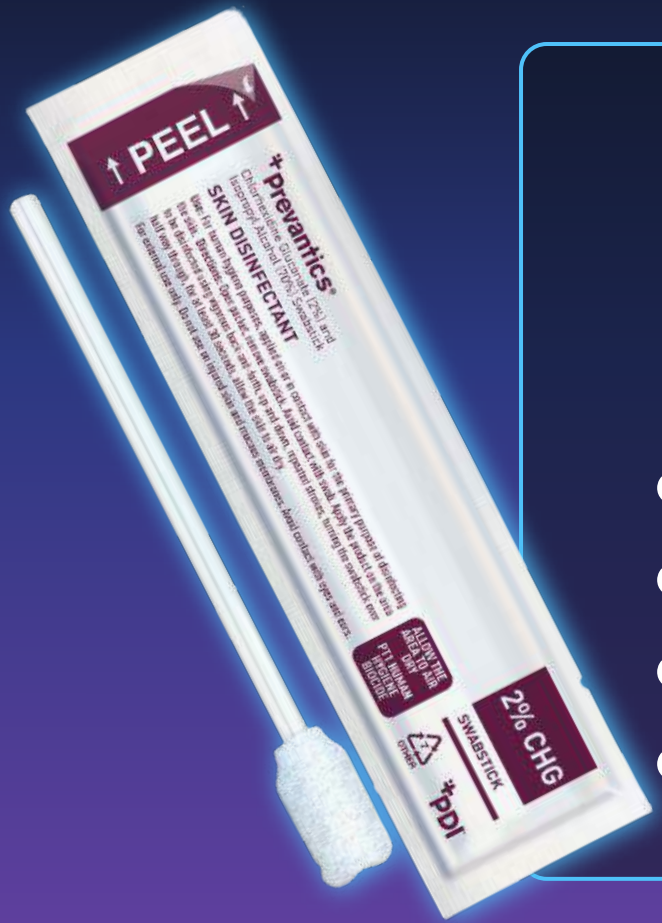
Shellfish (Crawfish) allergies are sometimes **incorrectly** associated with Iodine antiseptic sensitivities.

Allergic reactions are triggered by the tropomyosin protein in Shellfish and have **no relation to Iodine**.

Some CT Scan/X-ray contrast media contains iodine and can cause allergic reactions, however it is **not from the presence of the Iodine** itself.

Aqueous Chlorhexidine (CHG)

> Products: Aqueous Chlorhexidine



A **water-based** solution of **Chlorhexidine Gluconate** (CHG).

Various concentrations:

- 0.5% for surface disinfection
- 1% for newborn antiseptics
- 1-2% for skin antiseptics
- 4% for some bathing protocols

> Products: Aqueous Chlorhexidine

Generally found with a colouring agent (commonly pink), which can be difficult to remove from skin.

It leaves behind a antimicrobial layer, which becomes reactivated with moisture, which makes it great for long term protection.

> Products: Aqueous Chlorhexidine

Examples	• Hibiclens • Betasept • Baxter • Prevantics
Onset	Intermediate
Duration	6+ hours
Application	2-step scrub, dry, repeat

> Products: Aqueous Chlorhexidine

Mechanism	Disrupts cell membranes
Coverage	• Gram + (excellent) • Gram - (good) • Viruses • Fungus (fair) • MTB (poor) Mycobacterium tuberculosis

> Products: Aqueous Chlorhexidine

Advantages

- Fast and effective
- Can be used diluted inside the mouth
- Very low allergy rate when used on skin

Disadvantages

- Can cause burns to eyes and ear canal
- High toxicity to aquatic organisms
- Can persist in water, sediment, and soil

Chloroxylenol

> Products: Chloroxylenol (PCMX)

A **chlorine substituted phenol** with a white to off-white appearance and **phenolic odor**.

Also known as **PCMX** or Para-chloro-meta-xylenol.

> Products: Chloroxylenol (PCMX)

Examples	• PurKlenz • Dettol • Microsan RX • Technicare (discontinued)
Onset	Fast
Duration	6-8 hours if uninterrupted
Application	Applied to the skin with friction for 2 minutes

> Products: Chloroxylenol (PCMX)

Mechanism	Disruption of the cell wall and stopping the function of enzymes
Coverage	• Gram + bacteria (good) • Gram - bacteria (fair) • Algae (limited) • Fungi (limited)

> Products: Chloroxylenol (PCMX)

Advantages

- Low toxicity
- Chemically stable
- Excellent sustained residual activity after being wiped

Disadvantages

- Irritant to eyes and mucosa
- Toxic to certain animals, like cats, which cannot fully metabolize it

Alcohol-iodophor

> Products: Alcohol-iodophor

A combination of **Iodine** Povacrylex & Isopropyl **Alcohol**.

Applied in a single coat and **dries** to a water-insoluble **film** which **protects** against infection.

> Products: Alcohol-iodophor

Examples	• DuraPrep solution • Prevail-Fx
Onset	Rapid
Duration	48-96 hours (brand variance)
Application	1-step paint (3 min dry time)

> Products: Alcohol-iodophor

Mechanism	Denatures protein, free iodine - protein, DNA damage
Coverage	• Gram Negative (compared to seperated use) • Mtb (some) Mycobacterium tuberculosis

> Products: Alcohol-iodophor

Advantages

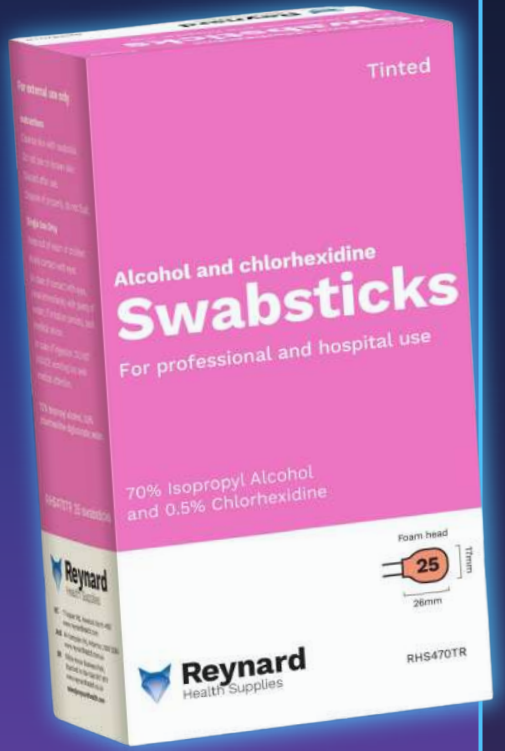
- Broad-spectrum
- Effective even after alcohol evaporation
- Low allergy rate
- Can be left on after

Disadvantages

- Can stain skin and clothing easily
- Inactivated by blood and organic matter,
- Doesn’t kill spores

Alcohol-CHG

> Products: Alcohol-CHG



A combination of **IPA** and **Chlorhexidine Gluconate** (CHG).

You get the immediate antimicrobial action of alcohol with the longer-lasting antiseptic effect of CHG

> Products: Alcohol-CHG

Examples	ChloraPrep
Onset	Rapid
Duration	48 hours
Application	30 sec scrub for dry areas 2 min scrub for moist areas (3 min dry time)

> Products: Alcohol-CHG

Mechanism	Denatures protein and disrupts cell membranes
Coverage	• Gram Negative (better than used in separation) • Mtb Mycobacterium tuberculosis) • Fungal activity

> Products: Alcohol-CHG

Advantages

- Broad-spectrum
- Works faster due to the alcohol content
- Lasts longer due to CHG residue after

Disadvantages

- Can cause skin dryness from alcohol
- Should not be used on mucosal surfaces or near eyes, ears, or open wounds

Triclosan

> Products: Triclosan (TCS)

A **synthetic** broad spectrum antimicrobial agent used in various consumer products.

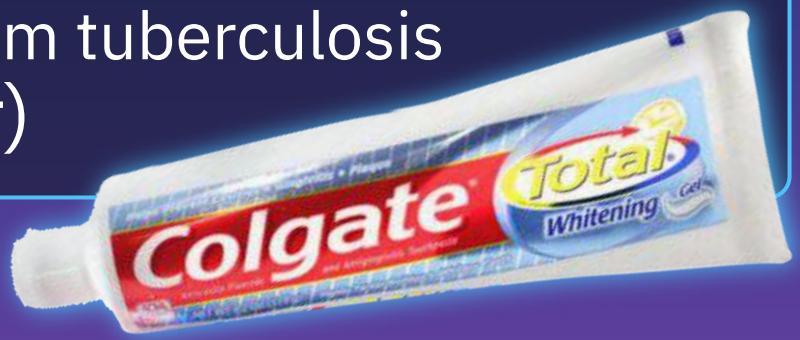
Banned in the US due to being linked to **antibiotic resistance** and **endocrine disruption**.

> Products: Triclosan (TCS)

Examples	Microshield T Triclosan
Onset	Intermediate
Duration	Excellent
Application	Wet area and wash for 30 seconds before drying

> Products: Triclosan (TCS)

Mechanism	Inhibition of key bacterial metabolic pathways
Coverage	• Gram + bacteria (good) • Gram + bacteria (good) • MTB (good) Mycobacterium tuberculosis • Fungi (poor)



> Products: Triclosan (TCS)

Advantages

- pH balanced
- Prevents gingivitis when in toothpaste
- Good preservative when in soaps and cosmetic products

Disadvantages

- Potential to create antibiotic resistance
- Banned in the USA
- Endocrine disruption
- Toxic to aquatic organisms

Sodium Lauryl Ether Sulfate

> Products: Sodium Lauryl Ether Sulfate

An anionic detergent and reduces surface tension to create foam in cleaning products like handwash.

While it has some antibacterial properties, it's not considered a primary disinfectant or antiseptic.

> Products: Sodium Lauryl Ether Sulfate

Examples	Microshield Handwash
Onset	Is **not** an antibacterial agent
Duration	Low
Application	Wet area, lather & wash for at least 20 seconds,then rinse thoroughly and dry

> Products: Sodium Lauryl Ether Sulfate

Advantages

- pH balanced & mild
- Helps effectiveness of antiseptics when added to products
- Biodegradable
- Moisturising of skin

Disadvantages

- Doesn’t kill bacteria
- Doesn’t kill fungi
- Can strip away natural oils from skin
- Causes eye irritation

Benzalkonium Chloride

> Products: Benzalkonium Chloride

A quaternary **ammonium compound** used as a biocide, surfactant, and preservative.

Abbreviated as: BZK, BKC, BAK and BAC.

Also known as (ADBAC)
Alkyldimethylbenzylammonium chloride.

> Products: Benzalkonium Chloride

Examples	Bactine, Revitaderm wound care
Onset	Depends on concentration
Duration	Up to 4hrs (varying on concentration)
Application	Use a solution, wipe, or spray containing directly and allow to dry naturally on skin

> Products: Benzalkonium Chloride

Mechanism	Disrupting microbial membranes
Coverage	• Bacteria • Viruses (some) • Fungi • Protozoa

> Products: Benzalkonium Chloride

Advantages

- Broad spectrum
- Low toxicity
- Long lasting efficacy
- Works in presence of organic matter

Disadvantages

- Irritant to wounds
- Causes skin irritation, dryness, and redness
- Potential for antibiotic resistance
- Toxic to aquatic life

Sodium Hypochlorite

> Products: Sodium Hypochlorite

An **alkaline inorganic** a pale greenish-yellow chemical compound which is commonly known as Bleach.

Higher concentrations (~12%) can disinfect surfaces, but is too corrosive for skin cleaning.

> Products: Sodium Hypochlorite

Examples	Bleach, Antiformin
Onset	Intermediate
Duration	10-60 mins (varying on concentration)
Application	Bleach must be diluted properly before use to be effective and safe.

> Products: Sodium Hypochlorite

Mechanism	Denaturing proteins & disrupting cell membranes
Coverage	• Bacteria • Viruses • Mold • Mildew • Algae

> Products: Sodium Hypochlorite

Advantages

- Effective at killing bacteria, viruses, and fungi
- Can neutralize and eliminate odors
- Readily available

Disadvantages

- Highly corrosive and potentially hazardous
- Can cause irritation of the eyes, skin, and respiratory system


But, what’s best...?

> Products: What's best for you?

Factors to consider

- Availability to you in single use applicators
- Volume and price compared to shelf life
- How you operate as a practitioner
- Volume of clients and common piercings

> Products: What's safe where?

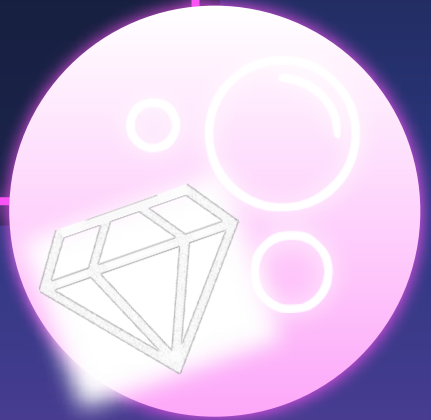
	Skin	Mucosa
Isopropyl Alcohol (IPA)	Safe	Not Safe
Chlorhexidine (CHX)	Safe	Safe
Chlorhexidine Gluconate	Safe	Safe
Chloroxylenol (PCMX)	Safe	Safe
Povidone-Iodine (PVP-I)	Safe	Safe

> Products: Needed at a minimum

Hand Soap	Gentle solution suggested
Gross Debris	Water/saline/alcohol wipe
Skin Cleaner	Isopropyl alcohol wipe
Mucosa Antiseptic	Povidone-iodine (PVP-I) **and/or** Chloroxylenol (PCMX)
Skin Antiseptic	
Post Cleaner	Sterile water/saline wipe

05

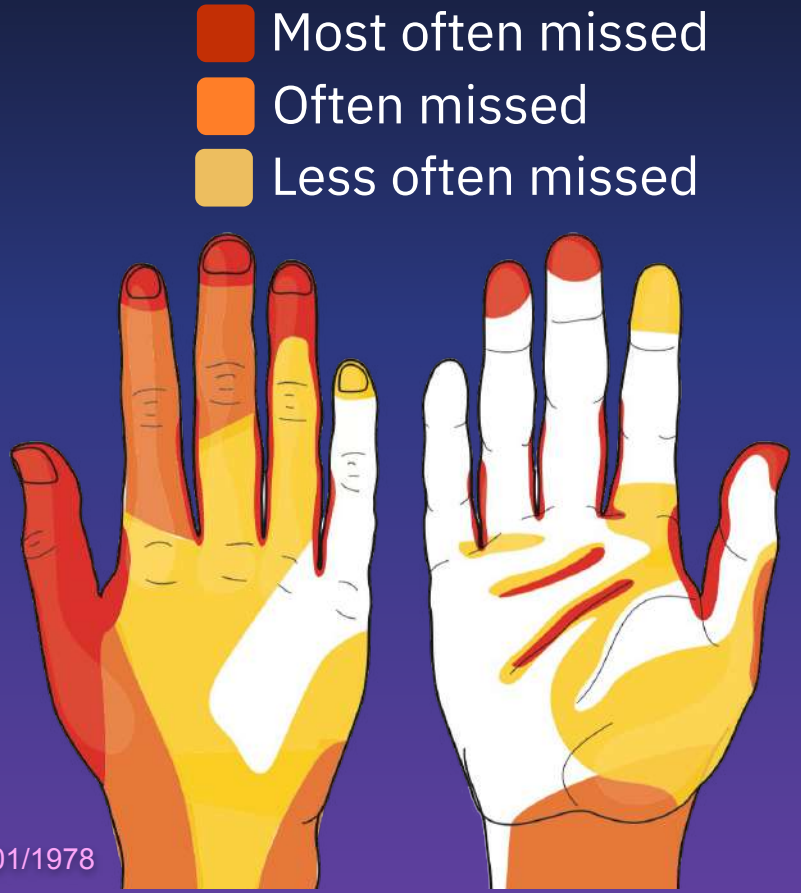
PRACTITIONER HYGIENE



Disease prevention is better than its cure

> Hygiene: Hand washing

Handwashing is crucial to aseptic technique because it is the most effective method for removing transient microorganisms — one of the main sources of contamination.

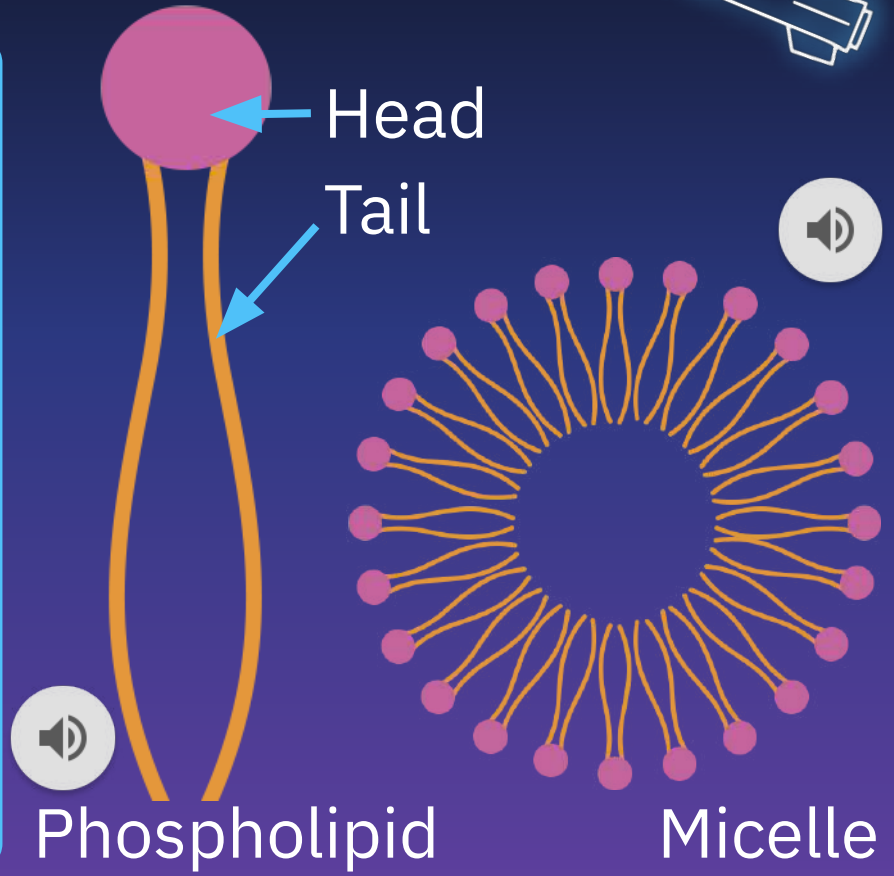


Taylor, LJ. Nursing Times. 01/1978

> Hygiene: Hand washing

Phospholipids (soap molecules) have a "head" that **attracts** water and a "tail" that repels it.

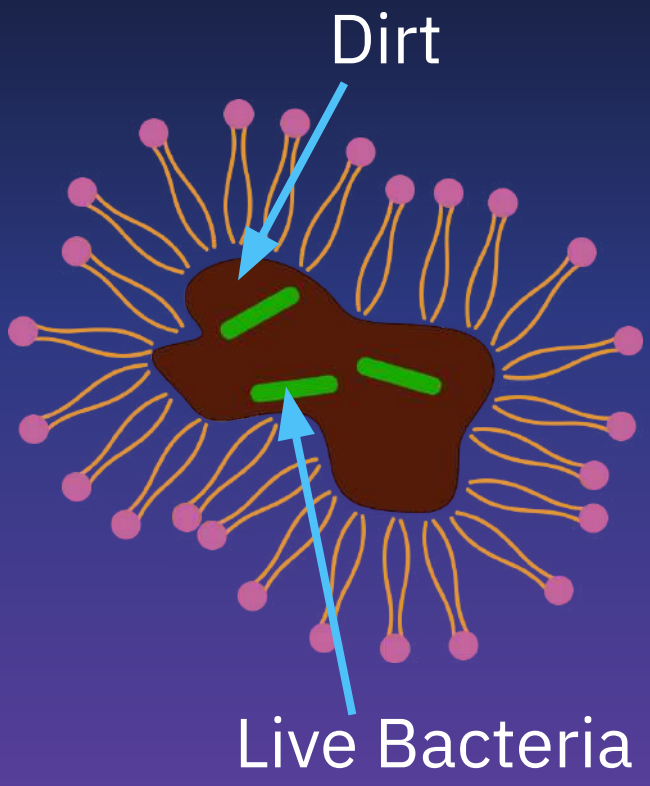
When you **lather**, these molecules form **pockets** called **micelles** that **trap** dirt, germs, and oils.



> Hygiene: Hand washing

Rubbing your hands together dislodges and lifts trapped **contaminants** inside **micelles**.

Running water then **flushes** away the **soap**, along with the trapped dirt, leaving your hands **clean** and with a **reduced** microbial load.



> Hygiene: Surgical hand scrubs

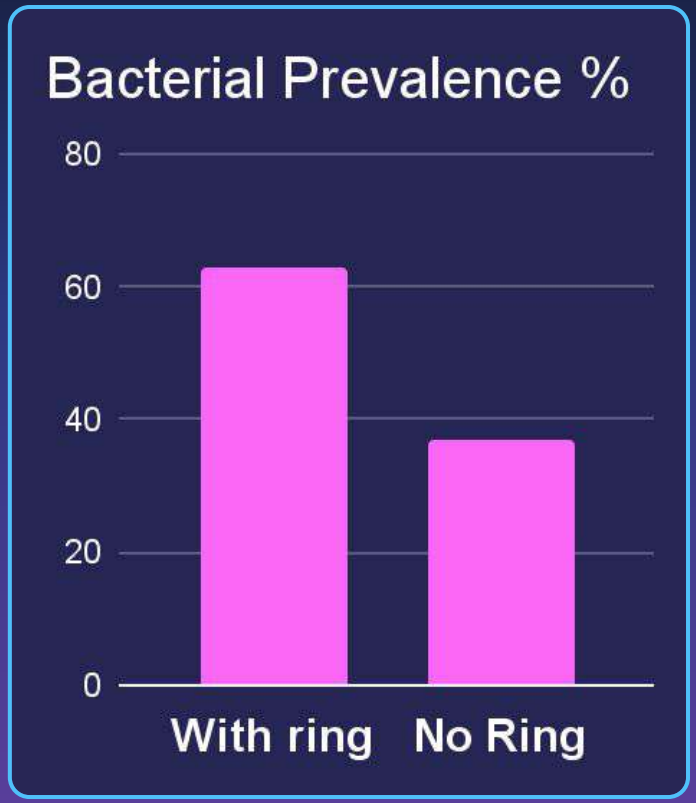
Surgical scrubs **shouldn't** be used for routine hand washing as they cause **dryness** and skin **irritation** with frequent usage - resulting irritation, **cracking**, and **dermatitis**.

This compromising the skin's natural barrier of **defence** and increases the **risk** of infections.

> Hygiene: Finger Rings

In a 2015 test of 20 dentists, **Bacteria** and **fungi** were significantly **more frequent** in dentist's hand **with rings** than those without rings.

63% vs 37% without, nearly **double** the pathogen count.

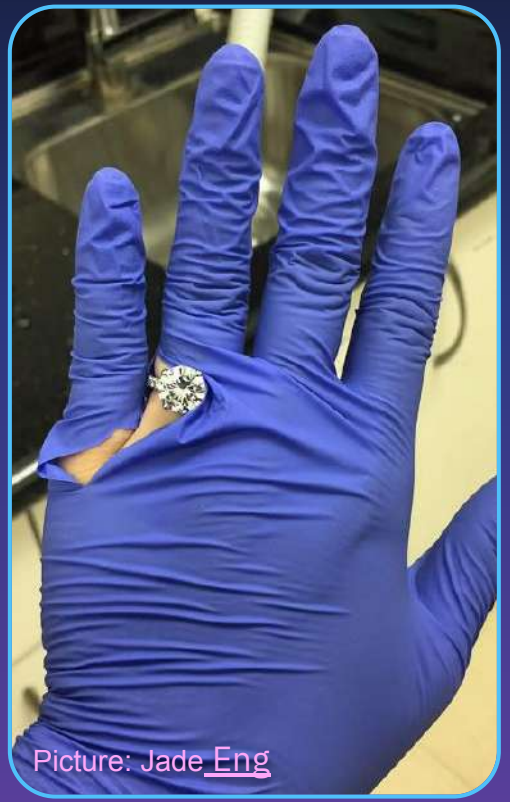


J Int Oral Health. 2015 Aug;7(8):114–117.

> Hygiene: Bracelets & Watches

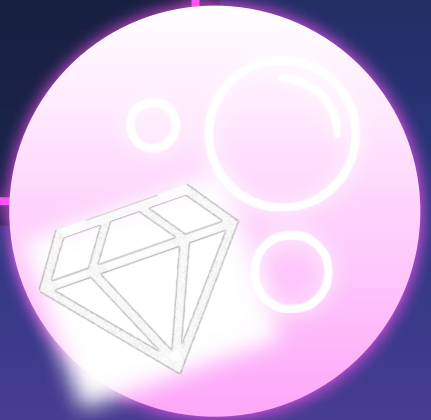
Wrist jewellery (bracelets, watches, etc) as well as rings may **prevent** proper **washing** and **drying** of the hands.

It also **increases** the chance of a **break** or damage occurring.



06

PREPPING THE CLIENT



Dirty clients get clean piercings

> Prep: Removing Gross Debris

Gently remove visible dirt or other contaminants using a single-use water or saline wipe.

For skin (non-mucosal), you can also use an alcohol wipe.

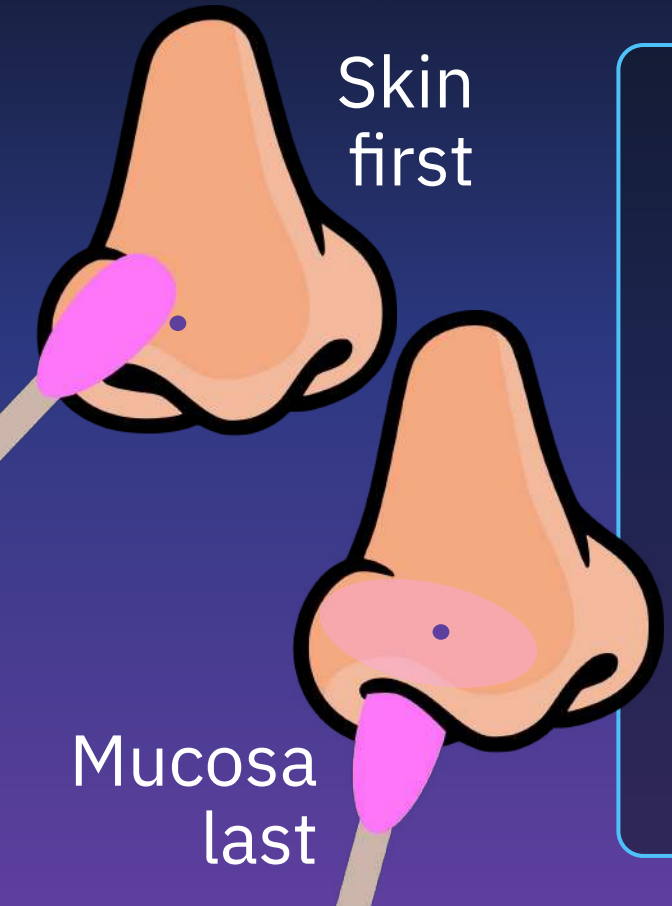
Start from the site and wipe outwards in a circular motion.

> Prep: Disinfect the area

Apply **disinfectant** to **reduce** the number of **microorganisms** on piercing area, being sure to include the **surrounding** tissue.

Ensure to follow the specific product's **instructions** for application and **dry times**.

> Prep: Prepping multiple areas?



When doing **mucosal** piercings, you may also need to clean the **opposing** or surrounding **tissue**.

Ideally, you should use two **separate** swabs and clean the **external tissue first** prior to the mucous membrane which has higher microbial counts.

> Prep: What about the tongue?

The **tongue**, with its **textured** surface, can harbor a significant amount of **bacteria**.

Reducing this bacterial load using a **disposable scraper** is suggested.

Gently wiping mucosa with a dry **gauze** on your **finger** can also help **reduce** the bacterial load and **remove** gross debris.

> Prep: What about the Vulva?

The **vulva** has a fantastic self-cleaning property, keeping **bacteria** levels healthy with its own natural **discharge**.

Use a sterile **saline** or **water** wipe along with a dry **gauze** to **gently** remove any gross **debris** or excess **discharge** prior to applying antiseptics.

Antiseptics may cause **chemical irritation**. Immediately wash off if burning or itching symptoms occur.

> Prep: Fenestrated Drapes

Fenestrated means with a window

Used to **improve** hygiene at an aseptic site by increasing the **prepped area** without the need for **additional** scrubbing.

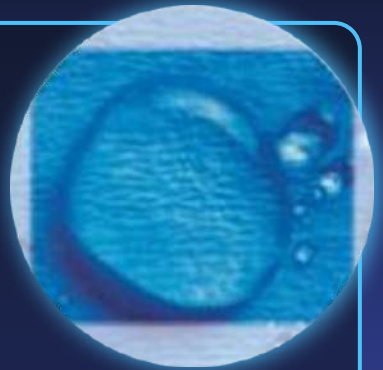
Impervious materials prevent strikethrough contamination and you work within the **fenestration.**

> Prep: Fenestrated Drapes

Useful but only when used in **conjunction** with proper **aseptic** practices (like sterile gloves).

Often applied as the **last step** right **before** piercing, with the exposed area **already** cleaned and prepped - however **multiple** drapes can be used in **conjunction.**

> Prep: Fenestrated Drapes



CSR Wrap (Central Sterilisation Room Wrap)

A generic term used in hospitals to enclose surgical instruments before sterilsation.

Made from natural cellulose fibers, like wood pulp, which allow for the penetration of sterilisation agents like steam, ethylene oxide, or hydrogen peroxide.

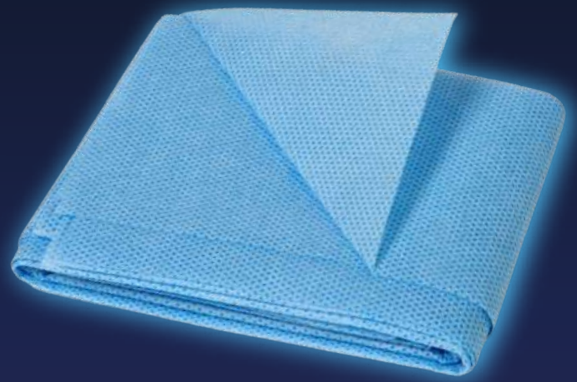
Can be used as an aseptic or fenestrated drape, once autoclaved, however should not be run in Statim sterlilisers as it may cause damage to the solenoid.

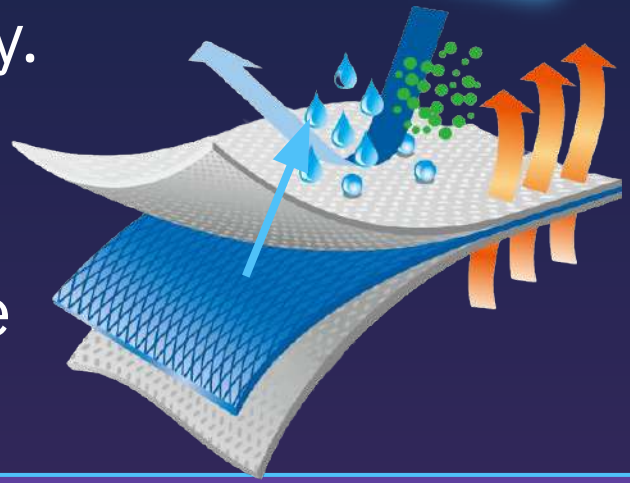
> Prep: Fenestrated Drapes

Polypropylene SMS
(Spunbond-Meltblown-Spunbond)

3 layer nonwoven fabric made from polypropylene giving it a balance of strength, filtration, and breathability.

Commonly used in hospitals for gowns, medical caps, masks, and cut to size for affordable disposable drapes for minor procedures.





> Prep: Fenestrated Drapes

Non-Woven Towels & Woven gauze
(VeraSoft, Tray liners, paper towel, etc)

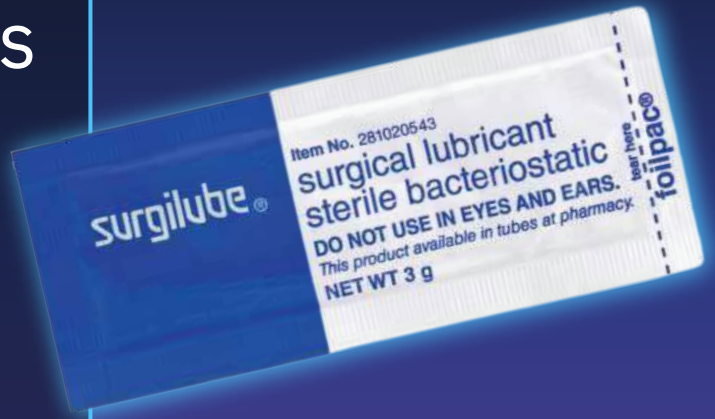
Do not offer strikethrough protection, as they are porous and similar to shop towels.

Non-woven gauze

Better protection than nothing, however requires multiple layers for strikethrough protection and doesn't offer surrounding protection like a fenestrated drapes do.

> Prep: Lubricants

Sterile lubricating jelly reduces friction during piercing, can minimise discomfort during jewellery insertions, and may reduce the risk of infection by minimising tissue trauma.



"There's always time for lubricant"

> Prep: Lubricants

Forbidden pickle

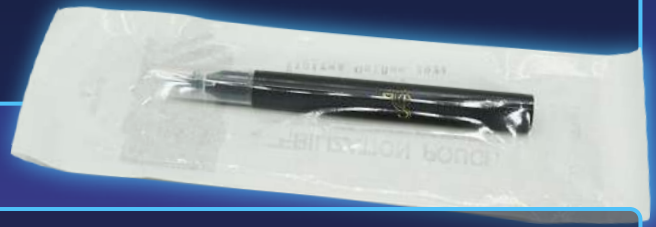
It's also a bacteriostatic agent, which slows the reproduction of bacteria, effectively putting them into stasis.

An added bonus is it can be used to stick down a fenestrated drape and secure loose hairs - however take care when wiping it off to avoid contamination.

Skin marking

> Marking: Sterile Markers

The act of marking **AFTER** skin prep and using sterile gloves and a sterile single-use pen or applicator using sterile ink.



- Significantly more hygienic than non-sterile
- Fewer glove changes needed between steps
- Does not need to be cleaned before piercing

> Marking: Non-Sterile Markers

The act of marking **BEFORE** skin prep, using non-sterile gloves and a marking applicator like a non-sterile pen or toothpick with ink.

- Easier for re-marking or moving placement
- Generally, more cost-effective than sterile
- May have higher chance of contamination

> Marking: Pressure Marking

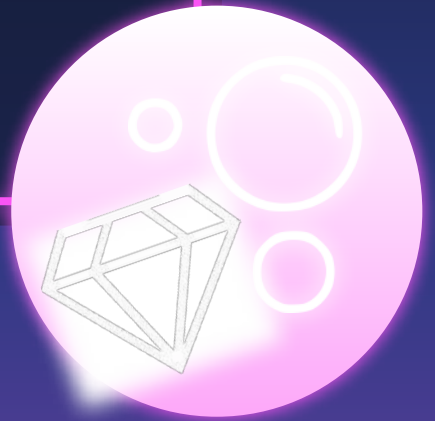
Using a sterile blunt object to make a mild indentation in the soft tissue prior to piercing.

Commonly done with the back of the needle blade, or with the jewellery itself flipped.

07

POSTING THE CLIENT

Don’t gripe, just wipe!



> Post: Removing pen marks

The most common marking ink, Gentian Violet (GV), is soluble in alcohol and isopropyl alcohol can remove dry marks easily.

Care needs to be taken to not allow the chemical to enter any wounds as it will hurt and cause cellular damage.

> Post: Sterile water/saline wipe

Using a sterile saline or water wipe to cleanse a fresh piercing will not only aid in removal of blood, unwanted cleaning, and lubricant agents, but also offers a soothing cooling sensation.

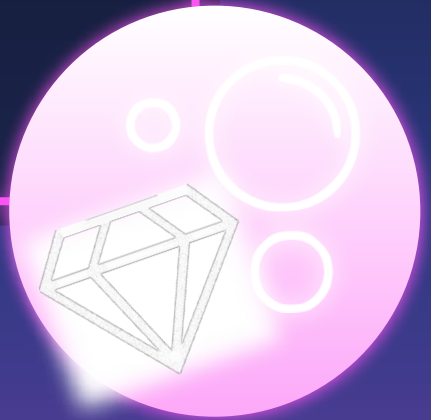
> Post: Covering piercings

Although dressing a wound will protect it from debris, irritation and infection, piercings may be negatively affected by doing this.

Instead it is recommended to use an aseptic barrier, such as underwear liner or sterile gauze for easily contaminated areas.

08

ORDER OF OPERATION

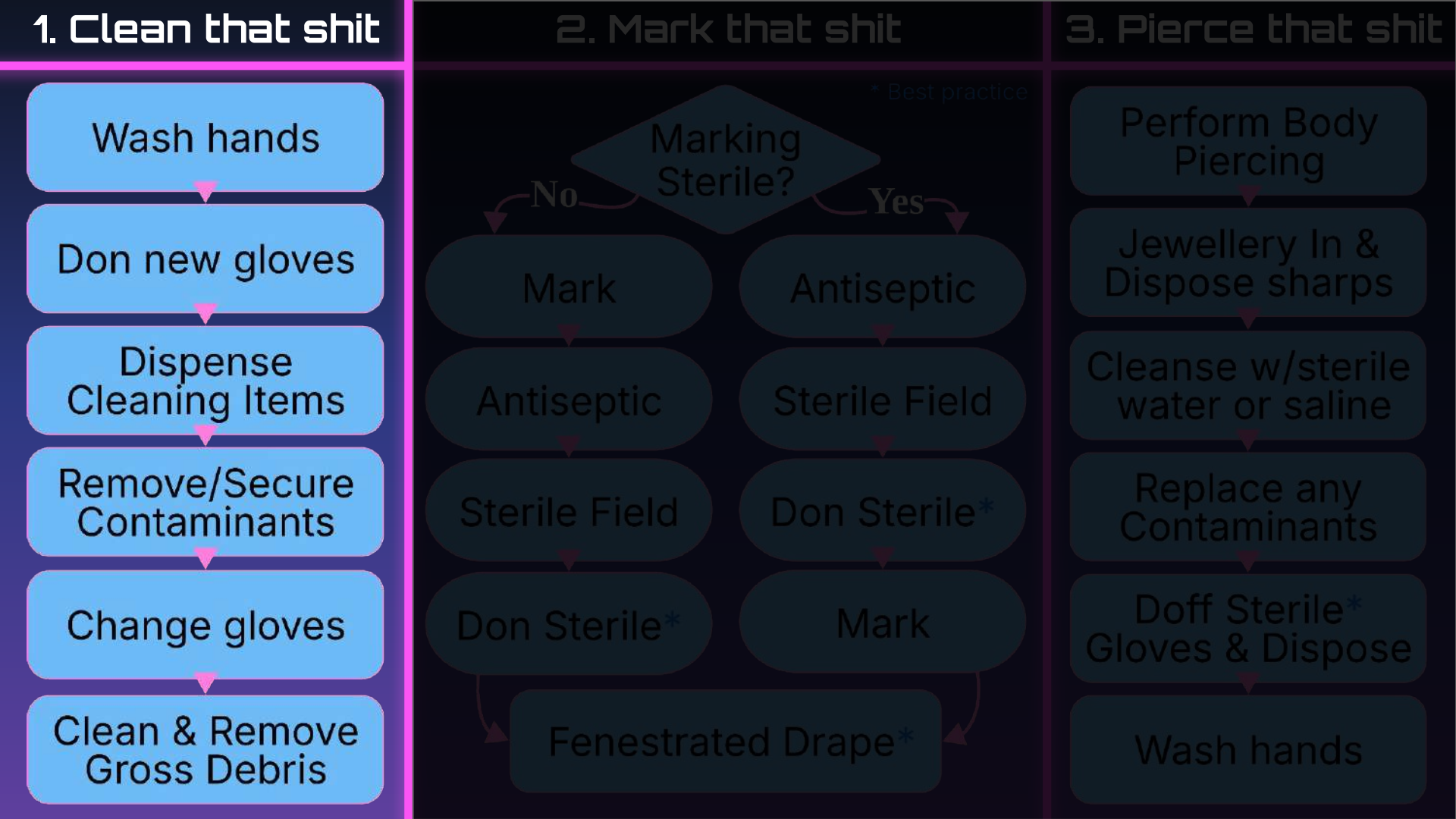


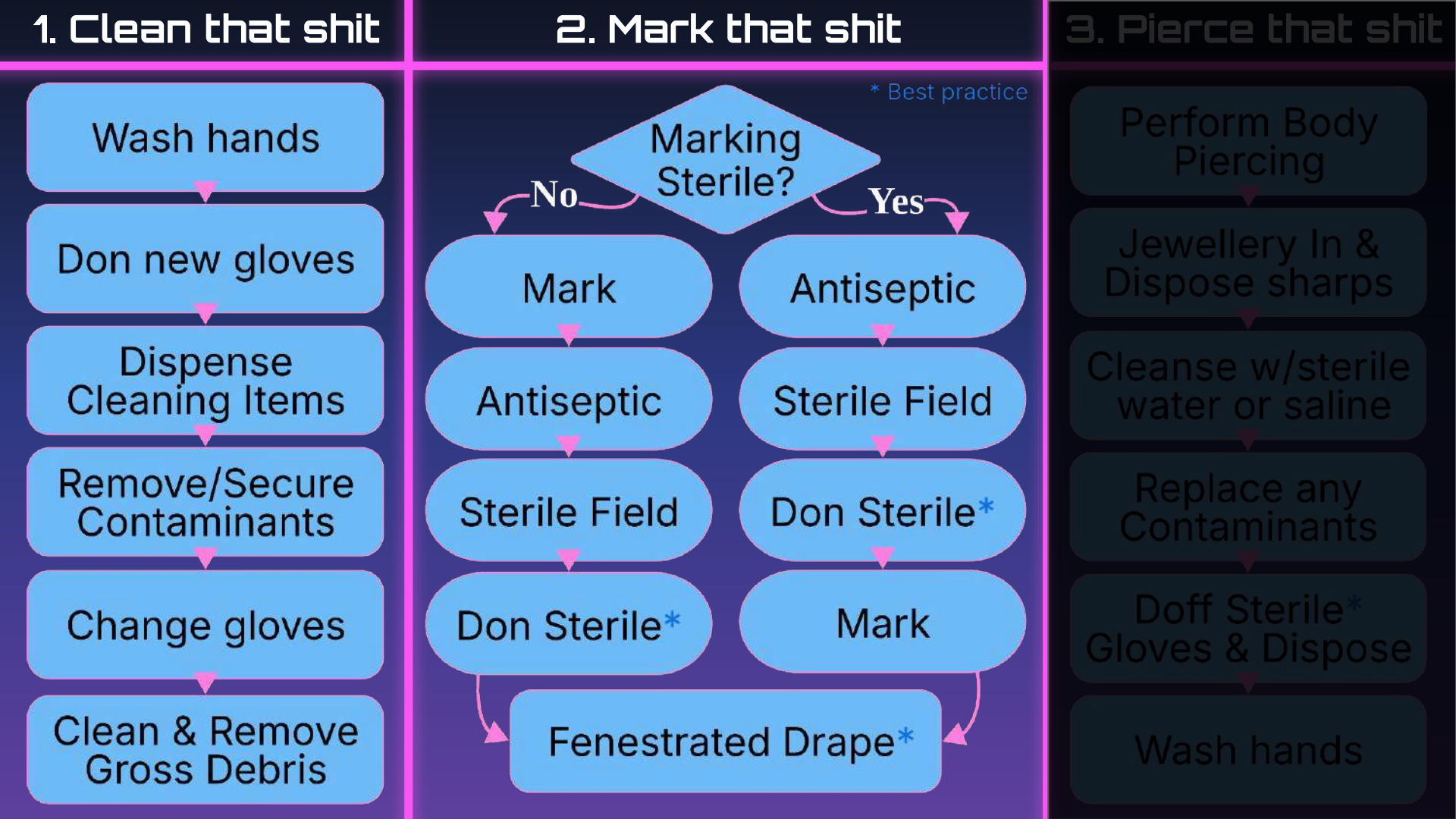
One, two, skip a few... 99.. 100.

> Order of Operation

The **Order of Operation** is crucial to effectively **reduce** the **microbial load** on the skin by following **standardised**, evidence-based **protocols** and through the use of **antiseptic** techniques.


If only it was
that easy....


1. Clean that shit
Wash hands
Don new gloves
Dispense Cleaning Items
Remove/Secure Contaminants
Change gloves
Clean & Remove Gross Debris
2. Mark that shit
* Best practice
Marking Sterile?
No
Yes
Mark
Antiseptic
Antiseptic
Sterile Field
Sterile Field
Don Sterile*
Don Sterile*
Mark
Fenestrated Drape*
3. Pierce that shit
Perform Body Piercing
Jewellery In & Dispose sharps
Cleanse w/sterile water or saline
Replace any Contaminants
Doff Sterile* Gloves & Dispose
Wash hands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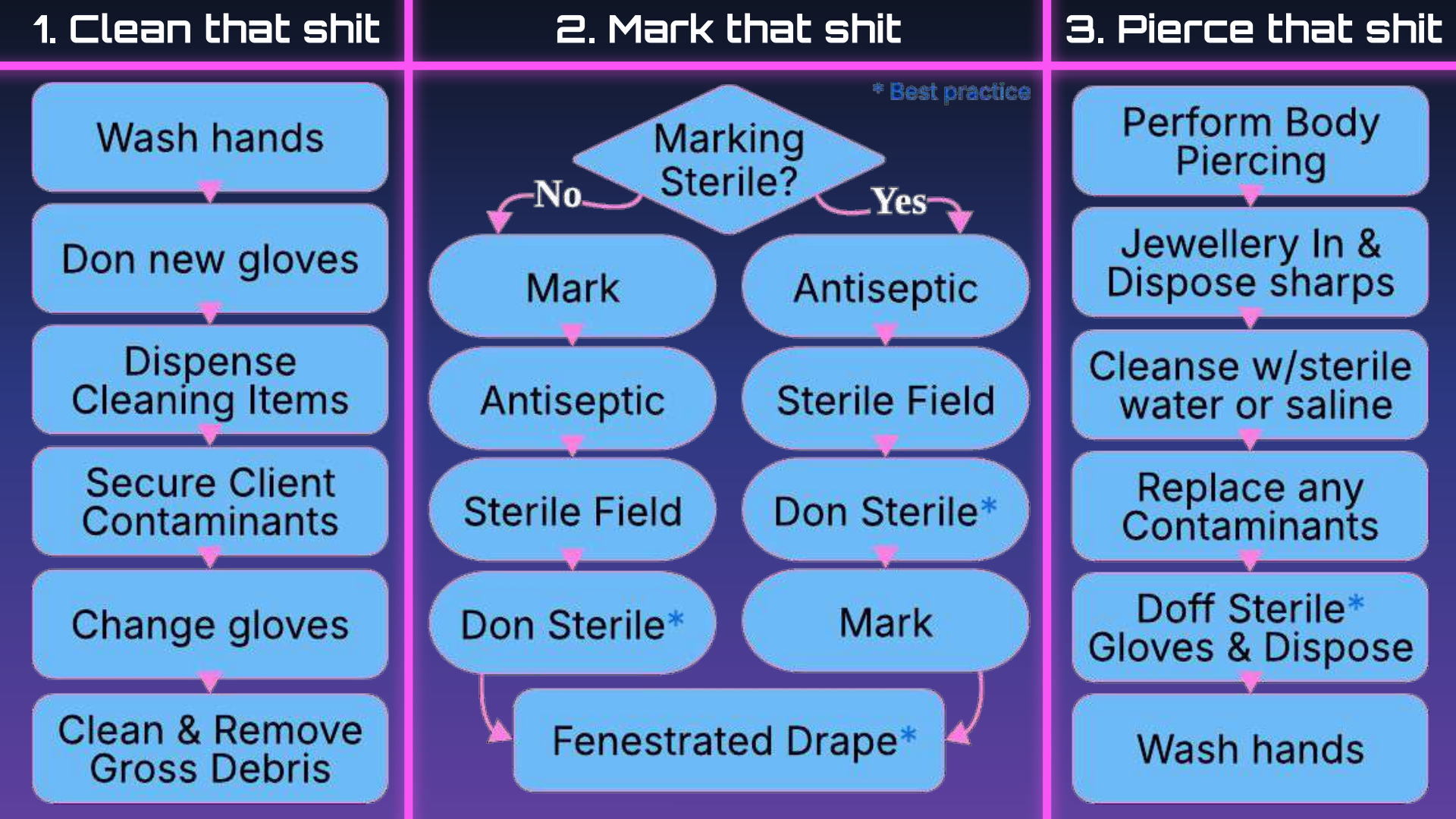
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00 > Thnx & such

AUPP peeps that helped research:

- Larissa Purves
- Suzanne Hallett
- Lisa Marie
- Tab James
- William Campbell

People that just rock:

- Spike (Senior Deathcore)
- Bree (@missmodify)
- Brian Skellie
- Becky Dill
- Bethrah Szumski

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- John Johnson
- Jeff Saunders
- Cale Belford
- Luis Garcia
- Shorty Piercer
- Ryan Ouellette
- Hika
- TayTam
- Anisah
- Barry Blanchard
- Tiffany Diamond
- Mikele Tre

Citations: Glossary of Terms

- https://www.cdc.gov/infectioncontrol/guidelines/disinfection/glossary.html
- https://www.sahealth.sa.gov.au/wps/wcm/connect/aee0a49c-1ab7-4702-849b-373311a300b0/skin-penetration-guide-10feb05.pdf
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- https://www.corrosionpedia.com/definition/135/bactericide
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Citations: Types of Pathogens

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- https://my.clevelandclinic.org/health/articles/24494-bacteria
- https://www.ncbi.nlm.nih.gov/books/NBK470553/
- https://basicbiology.net/micro/microorganisms/bacteria
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- https://virologyresearchservices.com/2022/05/22/enveloped-vs-non-enveloped-viruses/

Citations: Antiseptic Products

- https://pmc.ncbi.nlm.nih.gov/articles/PMC5548541/
- https://www.frontiersin.org/journals/microbiology/articles/10.3389/fmicb.2024.1432883/full
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- https://pmc.ncbi.nlm.nih.gov/articles/PMC5548541/
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Citations: Prep

- https://busseinc.com/product/sms-general-purpose-utility-drape/
- https://www.ast.org/uploadedFiles/Main_Site/Content/About_Us/Standard_Surgical_Drapes.pdf
- https://brnskll.com/shares/skin-antiseptics-for-piercing-preparation/
- https://www.rxlist.com/emla-side-effects-drug-center.htm
- https://brnskll.com/shares/marking-for-procedures/
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- https://pubmed.ncbi.nlm.nih.gov/32679054/

joeltron.com/bubbles

> ls -1 .local/share/*

Feel free to share with anyone & distribute to your heart's content.

> aria2c -x 16 "${url}"