© 2023 joeltron trading co.

Septum Piercing

(director's cut)

by joeltron dot com

=^_^=

Don't let the bull ring bully you!

APP
SAFEPIERCING.ORG

AUPP
SAFEPIERCING.ORG.AU

Disclaimers!

- The views in this class come from a professional body piercer and might not reflect the APP nor the AUPP's values or standards
- Everything is correct to the best of my knowledge
- The intention of this presentation is to further educate fellow piercers
- Just take what works for you and leave the rest

Taking this class does NOT mean:

- You are qualified to perform septum piercings
- You have been "trained" or "taught" by myself
- You are now a "booger blinger" or "snot slinger" (sorry!)

Rights and stuff

- You are welcome to freely distribute the information (including images & videos) for the purposes of piercing education.

So, go nuts!

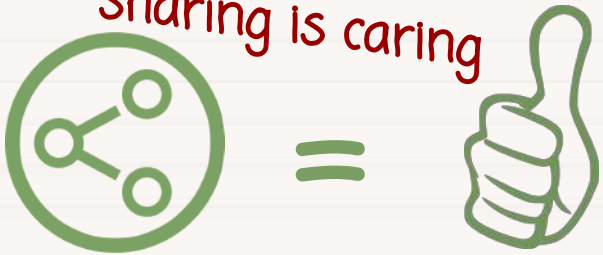
- You are ***not*** permitted to share or reproduce the info in this presentation for the purpose of teaching, profit, or gain unless I have given express written permission.

Yaaa go on, git!

Free to distribute

Sending this file is totally fine as long as you don't mess with it.

sharing is caring



WHO IS JOELTRON?

- Opal Heart Piercing (Perth, WA, AU)
- Stone Heart Body Art (Sydney, NSW, AU)
- Has been piercing 18ish years
- APP Member for 10 years
- AUPP Board Member
- NeilMed Pro Team
- Did his own 14g septum in '03 (it's now 1/2")
- Friggin' loves doing septums!
- He/They/Them

Cara & Joeltron

yo@joeltron.com

@joeltrondotcom

Follow along with me!

www.joeltron.com/follow

(my squad)

Heart 2 Heart

@OpalHeartPiercing

Perth, WA, Australia - Est 2013

Jackson, Joeltron, Anisah, & Bree

@StoneHeartPiercing

Sydney, NSW, Australia - Est 2010

Fabio, Joeltron, & Eden Cox

Whatcha' guna learn?

1. Nose anatomy and piercing history
2. Why septums rock & why they also suck!
3. Client aftercare tricks and tips
4. What jewellery can you use for a septum
5. Prep your room & client to pierce
6. Different methods to pierce a septum
7. How to tell if its gone wonky & fix it
8. Bonus Q&A time

is it cartilage?

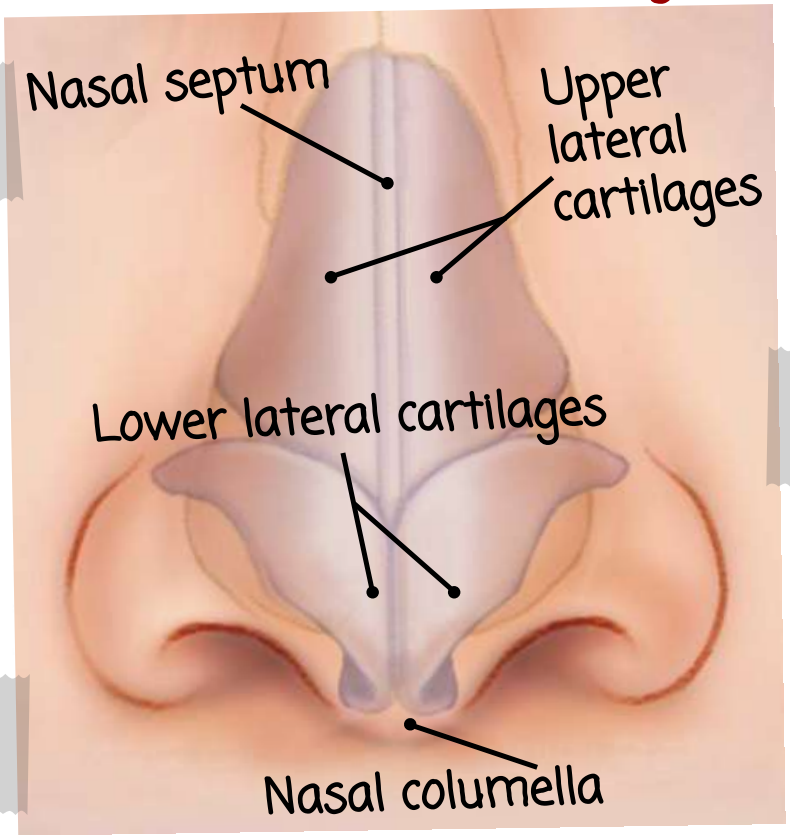
why so squishy?

1

BACKGROUND

Nose anatomy and piercing history

Nose Anatomy

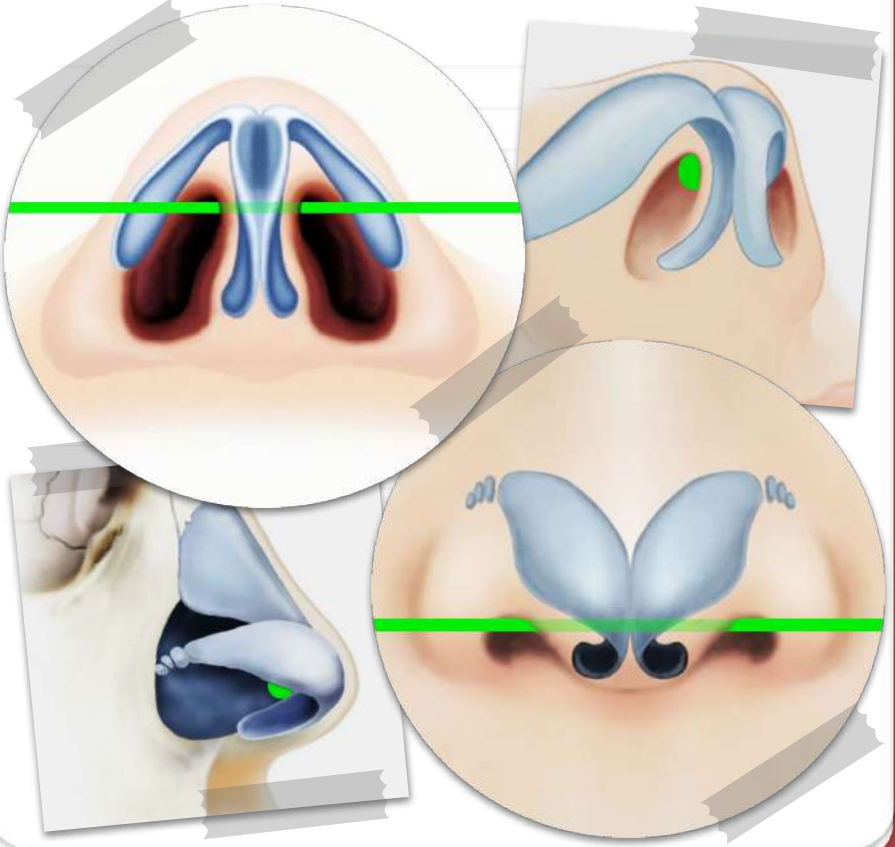


The Nasal septum is the dividing soft cartilage that separates the left & right airways of the nasal cavity, creating the two nostrils.

kow·luh·meh·luh

Septum piercings pass through soft nasal septum tissue just above the **lower lateral cartilage**, commonly referred to as the "**Sweet Spot**".

Anatomical View



Piercing View

thinnest part is usually high & forward

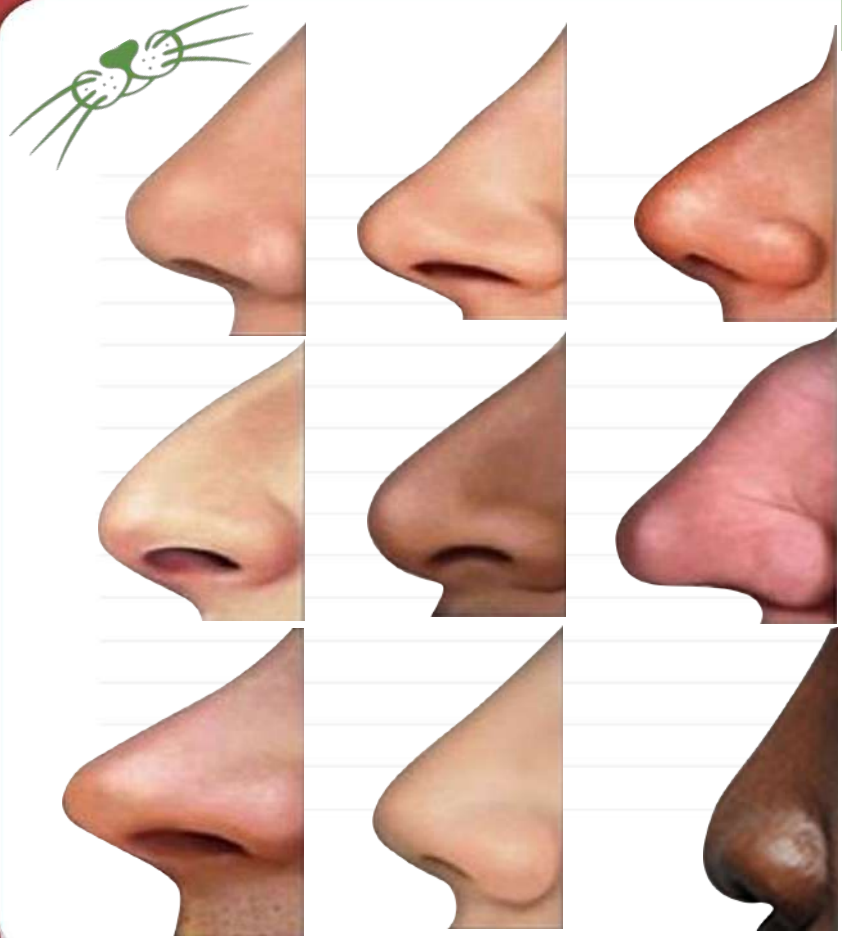
Different Anatomy

There are many different nose shapes and sizes, and every person's nose has a range of characteristics.

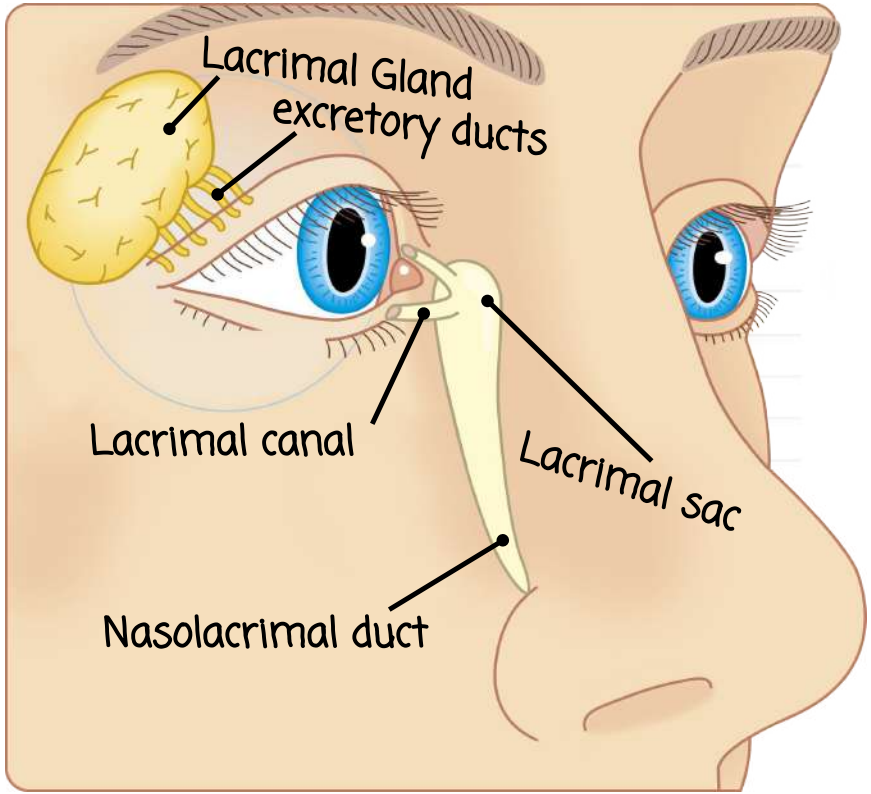
and they are all beautiful!

Caucasian Eastern African

The main types of noses which comprise of specific structural differences.



Tear Anatomy



The **lacrimal gland** is tear shaped and has a primary function of secreting tear film and maintaining the moist surface of the eye.

A reflex response occurs when the **Lacrimal glands** and **Nasolacrimal ducts** are stimulated.

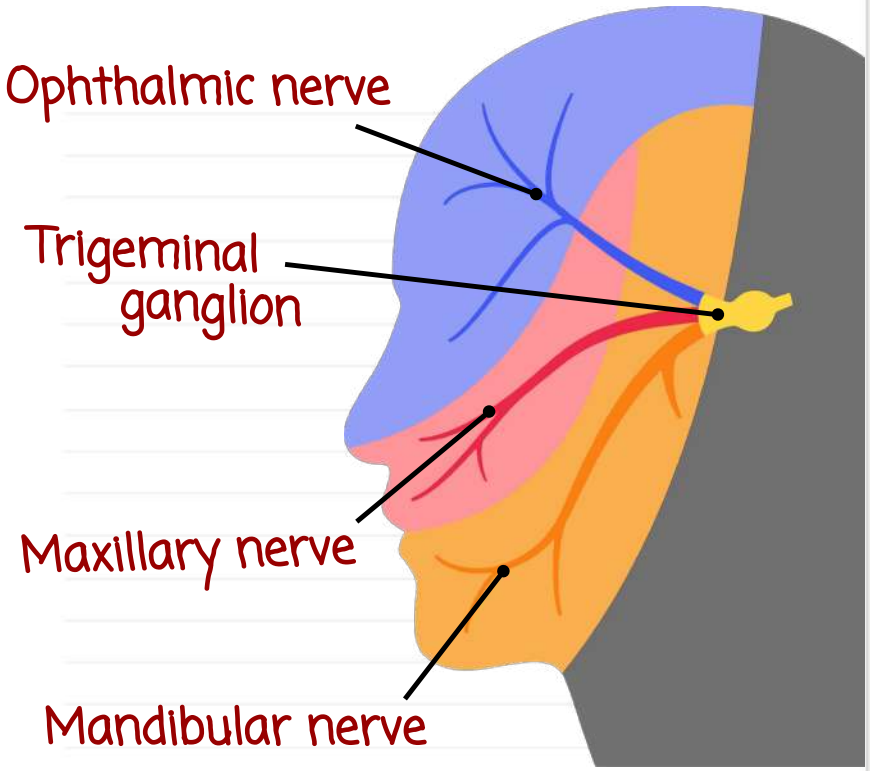
This results in tearing when getting pierced in the nose or eyebrow.

Sneeze Anatomy

The **Trigeminal Ganglion** is a cluster of nerve cells that transmit information to the central nervous system.

The **Maxillary nerve** can be stimulated, resulting in sneezing & discomfort.

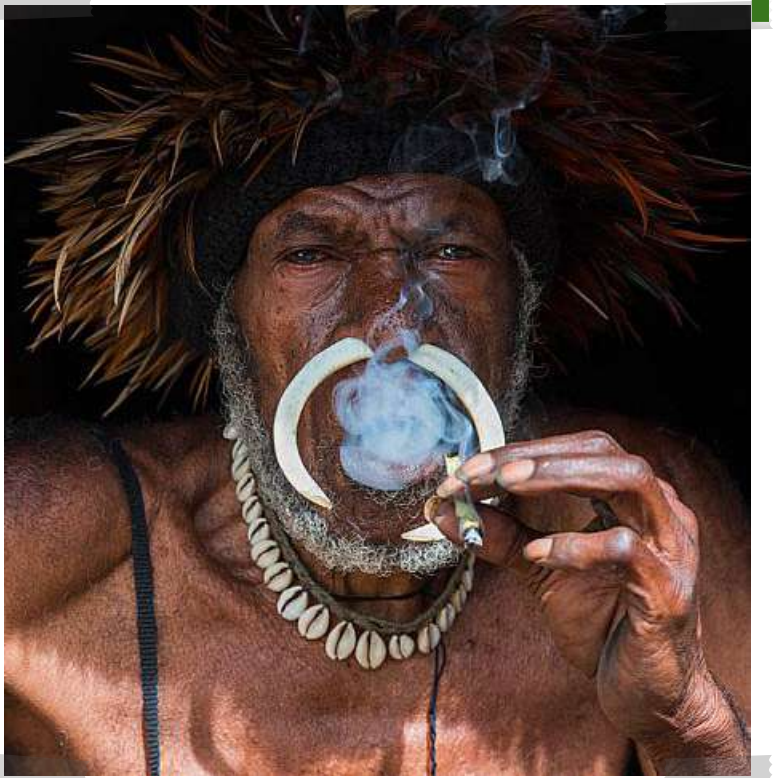
This is also why your upper lip can feel sore when septum stretching.



da sneeze button

Septum History

The history of septum piercings can be traced to **Indigenous Americans, Bengalis, Indians,** as well as **African tribes.** One of the most well known for their septums are the Kangi tribes of **New Guinea.**

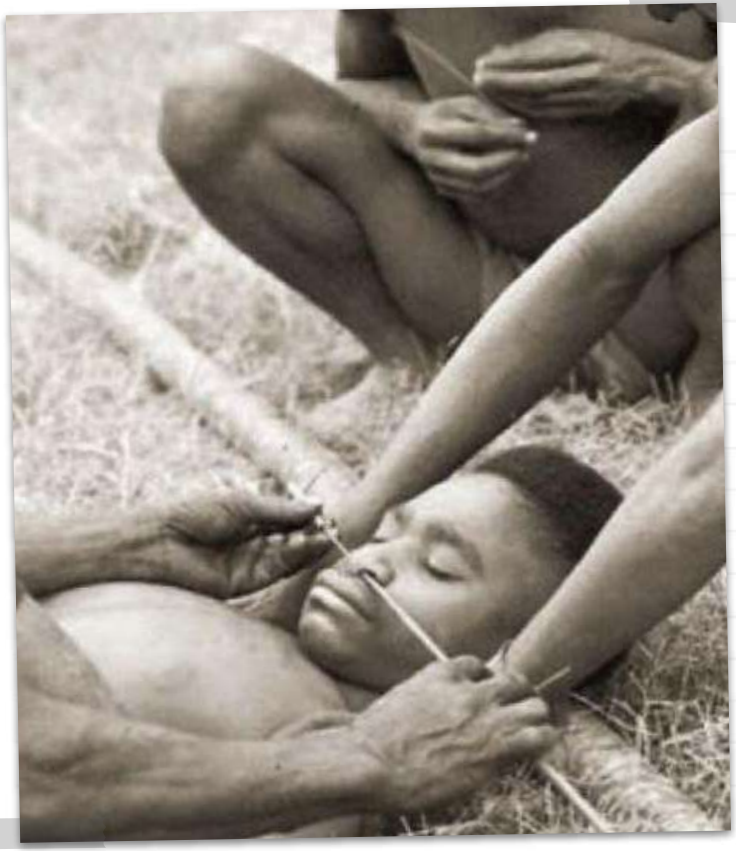


Dani tribe man with traditional headdress & nose septum piercing, Budaya village, Suroba, Trikora Mountains, West Papua, Indonesia. October 2020.

Septum History

Although the milestones differed between tribes, the piercing was often used as a marker of an important event or time in a **Kangi** warrior's life.

The ritual has evolved over time into a right of passage of a boy's journey towards adulthood.



A young Indonesian boy ceremonially having his septum pierced.

Septum History

Since at least the 1500s, women from **Bangladesh** have traditionally worn gold "Nolok" (nose-ring), as a sign of marriage and to honour the goddess Parvati.

paar·vaa·tee

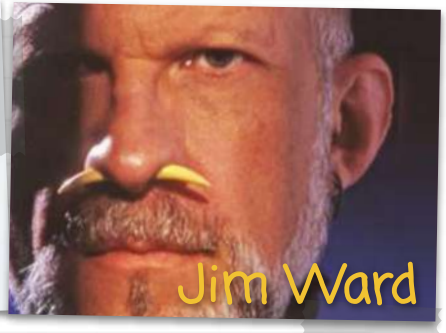
A Nepalese woman with traditional nose adornments, ca. 2001

An Aboriginal man with a septum piercing, Queensland, ca. 190

Some Australian **Aboriginal** cultures used to stretch their septum piercings & wear Kangaroo bones to enhance their appearance.

This kangaroo bone septum jewellery was dated more than 46,000-years-old.

Body modifications have always been a staple of queer culture and the 70's saw the development and popularisation of many piercings inspired by the kink and S&M communities.



To many, it's still seen as as a symbol of submission.

Septum History

The 1980s saw a growth in septum piercing popularity in the West due to the punk subculture adopting it as a symbol of rebellion.

In 2019, Keith Flint's estate sold his septum ring for £2,200

Septum History

Celebrities getting the piercing has helped make it widely accepted as a fashion statement today.

"They [septum piercings] seem to divide the millennials from the non-millennial. Which, of course, is what makes them so appealing."

- 2016 New York Times

Chloe Moretz

Lady Gaga

Kylie Jenner

Rihanna

Deviated Septums

A deviated septum occurs when the thin wall division of the nasal passage is displaced or off-center, making one or both nasal passages smaller.

Around 70-80% of people have a deviated nasal septum.

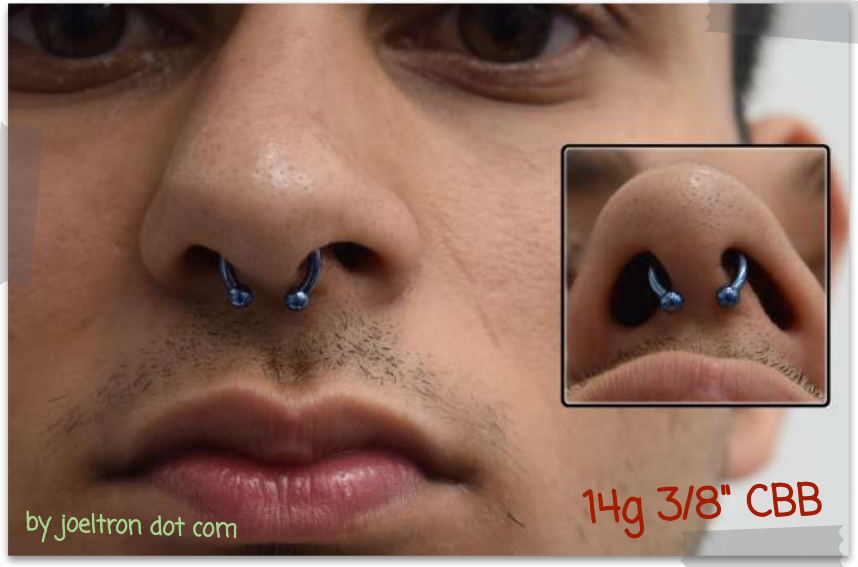
Some deviations occur through development, but also happen during birth or from physical injuries later in life.

typical septum

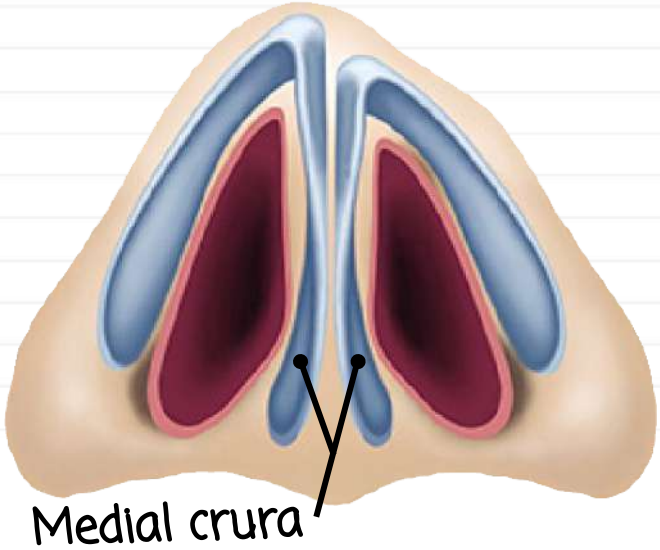
deviated septum

Types of Deviations

There are six types of deviations, but we only need to worry about three!



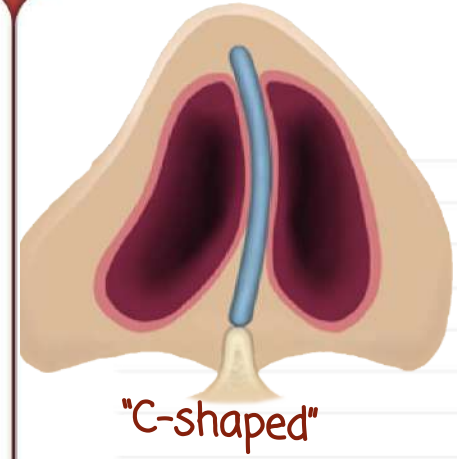
A **Medial Crus** deviation occurs when the medial crura are different lengths & it results in different size nostrils.



Types of Deviations

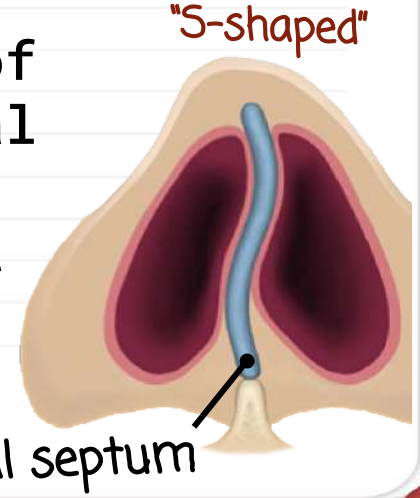
Deviated septums can be a fun challenge to pierce also! As a bonus, if done right, they can actually help to hide the deviation.

by Lena Cemal (Virtue & Vice)



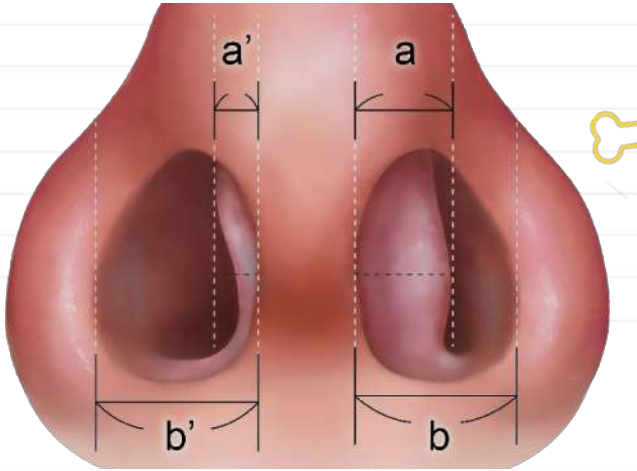
Caudal septal deviation is where excess length causes curves in the nasal septum.

The severity of a caudal septal deformity can have different levels of distortion.



Deviated Piercings

Anterior septal dislocation is when the nasal septum is displaced significantly, making one nostril passage smaller than the other.

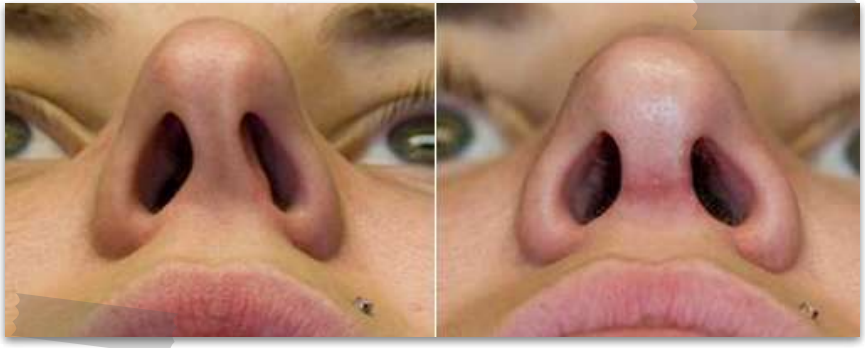


They will generally be more difficult and less perfect, but can be very rewarding for you both.

Ensure you pierce under the protruding tissue.

Deviation Surgery

Septoplasty is a surgery that straightens the nasal septum by trimming, repositioning & replacing cartilage, bone or both.



before & after septoplasty

Severe cases can cause difficulty breathing, frequent nosebleeds, & even disturbed sleeping.

Surgeons recommend waiting at least 3 months to even wear jewellery and some will recommend against piercing entirely.

Deviation Surgery

It is also possible to pierce someone's septum who has had a septoplasty. It will depend on your comfort level as the tissue is generally very rigid and dense.

Ensuring it looks straight can be a difficult task.

pierced after septoplasty

There is a risk of causing issues with the septoplasty itself and it's suggested to wait at least 12 months to perform a new piercing.

2

PROS/CONS

Why septums rock &
why they also suck!

Easy for client

Hard for piercer

Septum Pros

- Vascular area, usually heals quite quick & easy
- Easy to conceal by flipping into the nose
- Low pain level
- Easy to change-over
- Lots of jewellery, even for work or school
- Easy to stretch
- No visible scar

Septum Cons

- More difficult to get the piercing straight
- Hard to guess size
- Deviated septums are never *really* perfect
- Annoying for those who blow their nose a lot
- Once healed, can smell funky with discharged skin cells and sebum

Prepare yourself

- Don't go in negative! Enjoy the test of skill
- Sterilise more sizes than you think you need
- Try lowering your bed and pierce sitting down
- Know you got this!

Prepare client

- Even if you do everything right, it may not turn out perfect
- Low pain, mostly tears
- Even small deviations can affect the piercing
- Adjustments simply may be necessary for them
- Ensure entire body in line and their chin up

How long do they stay "open"?

Generally speaking, if the piercing is placed correctly and allowed to heal for at least 6 months, then there will always be a healed piercing channel there.

(even years after being removed!)

The hole may be difficult to see and will most likely have shrunk, however it can be easily tapered open.

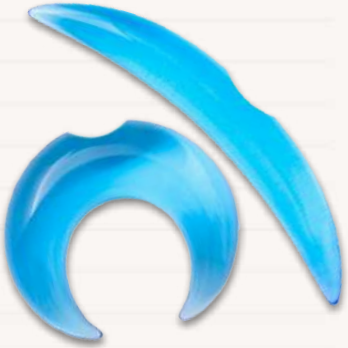
Sometimes an audible "pop" can even be heard due to the elasticity of the mucous membrane.

Septum Stretching

Septums are, after ear lobes, one of the most popular piercings to stretch and enlarge.

Water based lubricant & patience is important.

Nicor (wikimedia)



Gorilla Glass

- **Initial placement**
  too high or too low will cause issues
- **In Between sizes**
  0.5mm or 1/50" sizes are ideal to use
- **Cartilage "denting"**
  when going larger than the sweet spot
- **Nose tip "Drooping"**
  or "bowing" outwards to accommodate
- **Prolonged stinging**
  which can last weeks or even months
- **Use correct jewellery**
  no double flares, CBB/CBR, pinchers, etc

Multiple Septums

If the sweet-spot is suitably big enough, and the anatomy allows it, you can also do multiple individual piercings!

Although uncommon, they can be done vertically and horizontally.

A similar aesthetic can be achieved with a single piercing & custom jewellery.

Stacked Septums

As the tissue is highly elastic, septums can be “stacked” with many rings in the one hole.

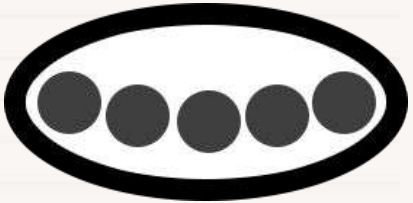
This can be achieved by gradually adding rings, but can cause pinching.

To avoid over-stacking, you may wish to stretch traditionally before installing rings.

@lynnloheide

tumblr.com/bodymodificationnation

stretched piercing



stacked piercing

Ages to pierce

Every person develops at a different rate & practitioners will have their own ages they are comfortable performing.

A consultation is good for younger clients to discuss jewellery, lifestyle, & anatomy.

Bad ass 11 year old Ollie with his new 14g 5/16" Septum piercing

posted with written consent from client & legal guardian

3

AFTERCARE

Client aftercare
tricks and tips

no touchy touch

Aftercare Dos

- ☑ **Sterile saline 2-3x a day**
  No-touch sterile spray technique is the best!

- ☑ **Flip up/down in the shower**
  Steamy showers soften dry crusties & clean hands before flipping

- ☑ **Stay healthy and hydrate**
  A healthy immune system will result in a happier piercing

- ☑ **Heal it before changing**
  Wait 3+ months for the channel to be matured before changing or stretching & 6+ months for temporary removal

Aftercare Don'ts

- **No harsh chemicals up the snoot!**
  Alcohol, tea tree oil, Hydrogen peroxide, Dettol, Spirits, Soaps = no no's

- **Leave it out, unless needed to be hidden**
  It can make the piercing heal wonky if your nose is deviated

- **Do NOT touch the piercing**
  Even if a friend says its twisted - only adjust after a steamy shower

- **No blowing/wiping your nose roughly**
  Do the "snot rocket" in the shower to clear any buildup

Healed Maintenance

- **Stopping the stink!**
  Rotating the jewellery in the shower can inhibit sebum accumulation

- **Keeping the jewellery shiny**
  A dedicated soft bristle toothbrush to dislodge stuck biomatter

- **Keep the jewellery secure**
  Checking threaded ends every few months. "Righty tighty"

- **Keeping the jewellery bright**
  Re-anodising titanium or using a rouge cloth on gold

Normal things

- Watery eyes directly after
- Dry blood at the entrances
- Mild nose running for a few day
- A “tight” feeling behind top lip
- An increased chance of getting a nosebleed shortly afterwards (if already prone)
- Discomfort while healing if touched

Abnormal things

- Constant bleeding following the piercing
- Numbness of the nose or top lip after 24 hours
- A burning sensation in nose
- Fever/abnormal temperature
- Shortness of breath
- Vomiting

see a medical professional

Sleep Apnea Machines

Also called CPAP machines, they can treat some respiratory disorders where air is pumped into the lungs through the nose/mouth during sleep.

Nasal Mask

Full Face Mask

Nasal Pillow Mask

best for septums

4

gold fer sher

JEWELLERY TYPES

What jewellery can
you use for a septum

Initial Jewellery

There are many options available, but not all are suitable right away.

They should be secure and not fall out easily.

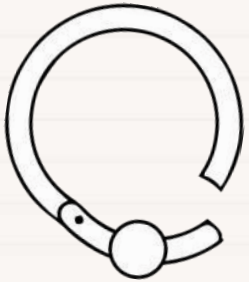
No seams or protrusions should be able to freely go through the wound.

Circular barbells
(front facing too)

Captive bead rings
(bead can be hidden too)

Fixed bead rings
(and decorative seam rings too)

Decorative clickers
(where seams won't go through the wound)



Healed Jewellery

Allowing 3+ months for the piercing to heal and mature, nearly any style of jewelley can be worn including larger gauges and designs that rotate.

Novelty shapes

Plugs

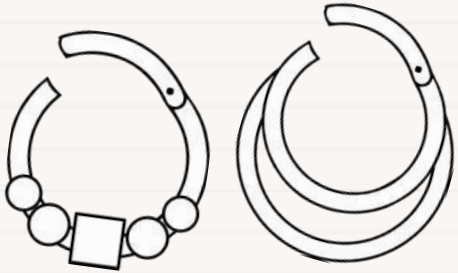
Basic clickers

Basic seams (that will rotate through the hole)

Pinchers

Retainers*

* Retainers are suitable if left flip while healing



Fancy clickers

"D" clickers

My client wants a 'basic' ring

Clients will sometimes request initial options that are only designed for healed piercings.

Rotating a captive bead ring is a great way to safely achieve the look of a plain basic ring in a fresh septum piercing!

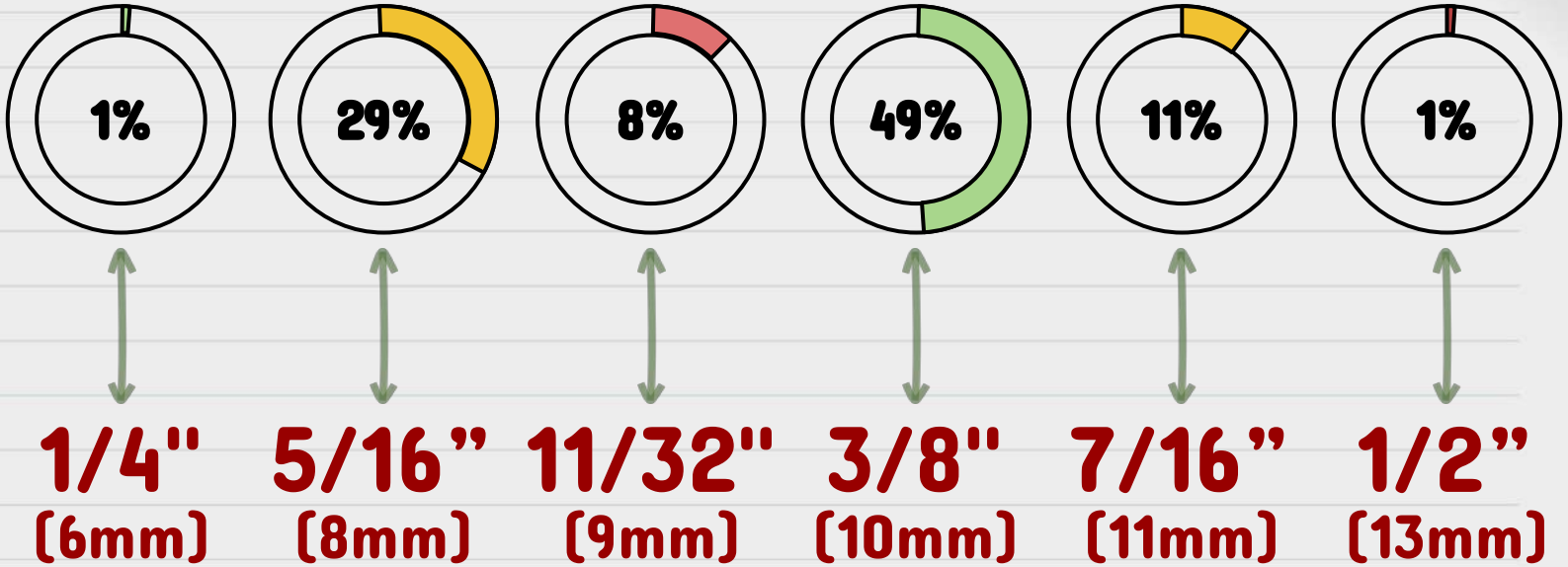
What can flip?

"Open" jewellery, like retainers, pinchers & circular barbells [#1]

- Comfort when flipped
- Jewellery diameter
- Artificial nails
- Columella size & the gap between the ends

Tension the skin [#2] between the mouth and nose, push the jewellery back [#3] until it goes inside the nasal passage [#4] and disappears. [#5]

Most common sizes to prepare*



* Based on a BMLF Facebook survey of over 600 professional piercer participants who were asked IF they hadn't had a pre-consultation to determine size first.

personally

What I prepare for a septum

- [x] Sharps, taper, etc for selected method

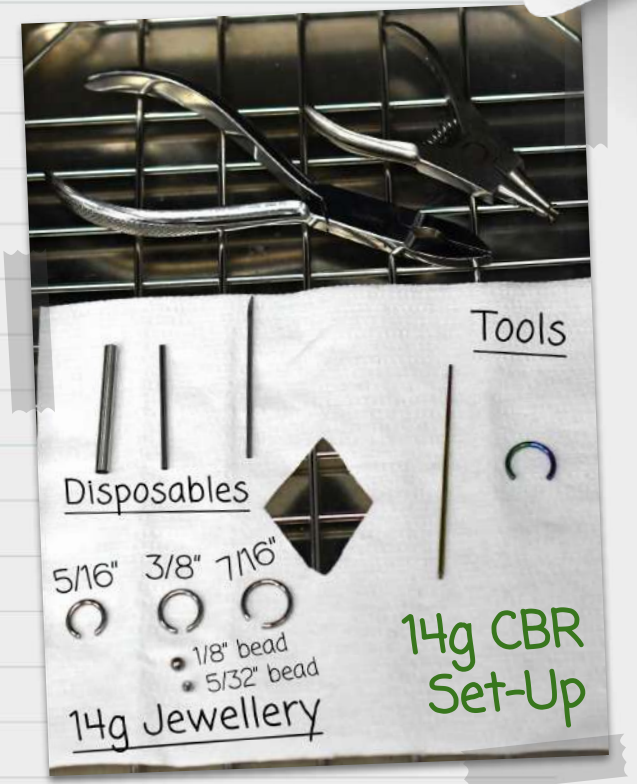
- [x] 1x 14g 7/16" (11mm) threaded CBB shaft

treated as a tool which assists in seeing discrepancies

- [x] 1x Sterile water wipe ← alcohol is burny!
  2x Iodine swabs (or Chloroxylenol PCMX) ← better than chlorhexidine
  1x Sterile lubricant sachet
  1x Aseptic drape (with nose hole)
  1x Pair sterile non-latex gloves ← AUPP member requirement, APP doesn't require sterile :)

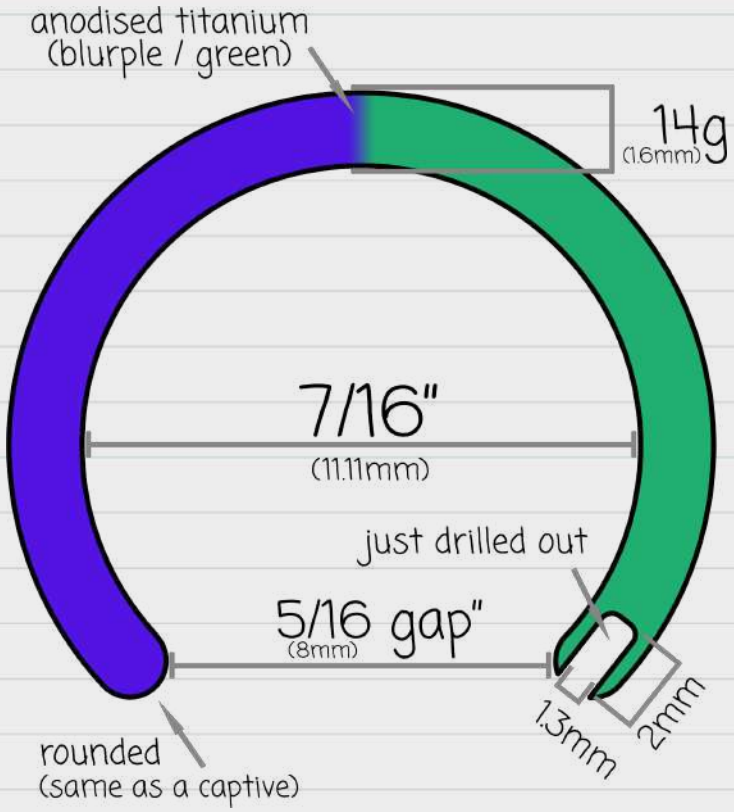
- [x] 3x Sizes of selected jewellery
  1x bigger and 1x smaller than estimated

What I personally prepare for a septum



personally

What I prepare for a septum



The reuse of threaded jewellery should be avoided, if possible.

A solution would be either single use or a custom tool designed for easy reprocessing.

the "Septonator 2000"

sit or stand?

5

PROCEDURE

Prep your room &
client to pierce

Finding the "Sweet Spot"

You really need to have good feel up there to locate the thinnest spot, aka the "sweet spot".

the ol' pinch feel

note: I have big fingers

Cotton Tips

6" wood q-tips

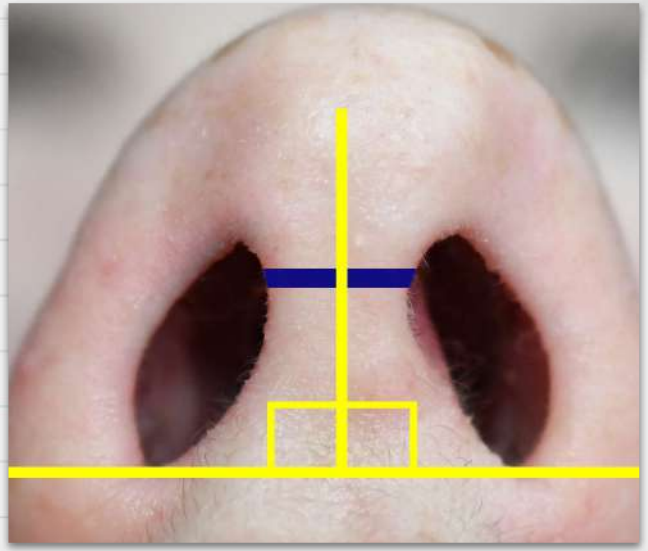
Finding the "Sweet Spot"

oh, hi Mark!

You may desire to mark the nasal columella (bottom) to help with perpendicularity, especially when freehanding.

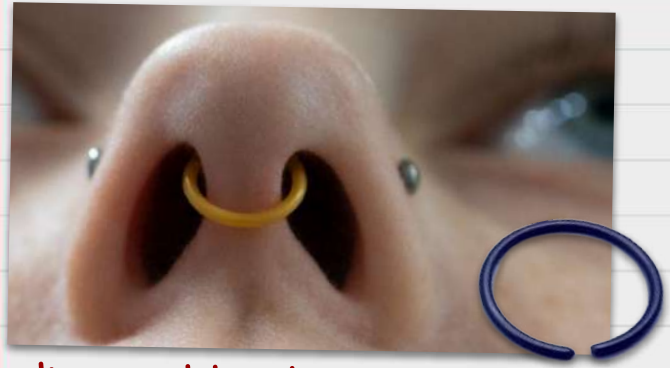
It can also aid showing any discrepancies once pierced.

Remember to not go too far forward as it can result in the jewellery being pushed backwards against the face.

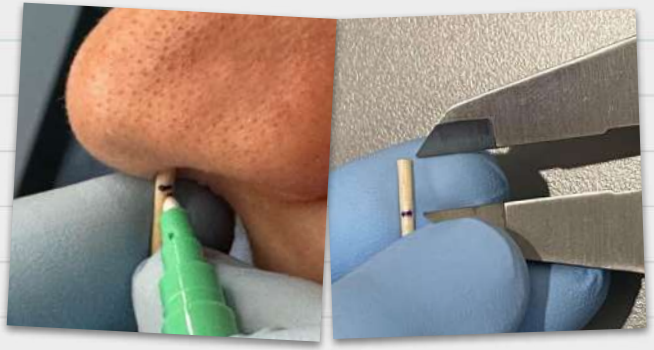


mark parallel to the bottom of the nostrils

What diameter ring to use?



disposable placement ring



mark & measure

It often be difficult to select the size you will need to achieve the desired look.

With practice, one can guess the size accurately with some simple tools like as a wood q-tip or a placement ring.

Even with measurements, it's good practice to prepare multiple sizes if available.

Standing or Sitting?

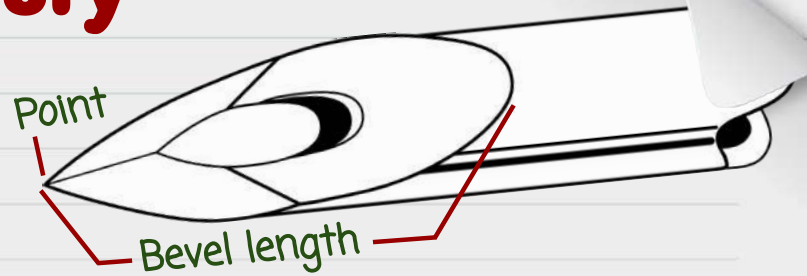
You should pierce how you are most comfortable & can safely get the best view of exactly what you are doing.

Having your client lay with their head over the end of the bed is very comfortable for both parties & gives you a great view of all axis.

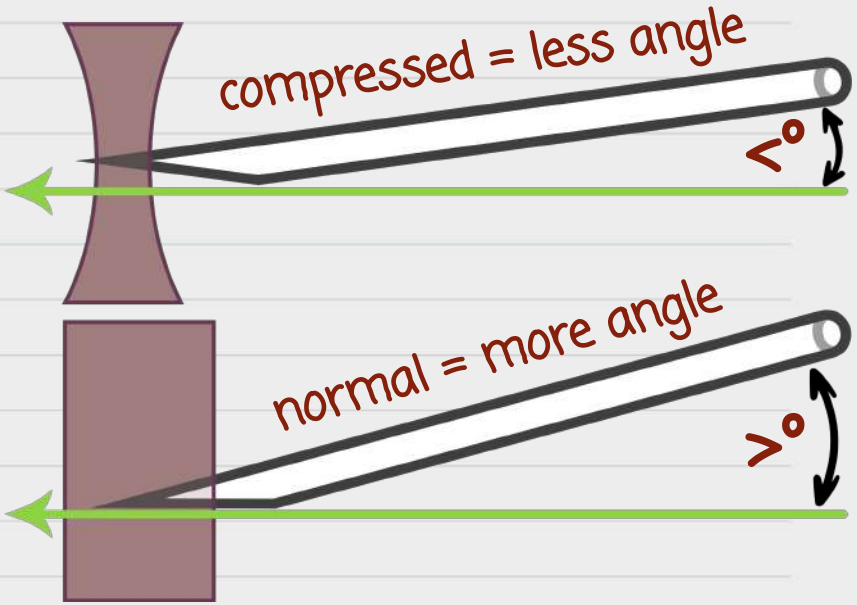
you can also sit on a stool to get closer to the client.

Septum Bevel theory

Piercing needles drift due to their bevels that cut off center.



Supporting & compressing the tissue can minimize cut edge & flap damage.



This can result in less client discomfort & a straighter piercing when cut perpendicular to the tissue.

Prepping the tissue

1 **Aqueous wipe (water/saline)** ay·kwee·uhs

Remove gross debris from inside and outside nostrils as well as top lip

2 **Povidone-Iodine or PCMX Chloroxylenol**

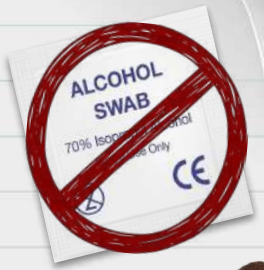
Disinfect mucous membrane (inside) & also the skin and lip (outside)

3 **Aseptic Barrier**

Place drape around cleaned nose, and/or sterile gauze for traction

4 **Post Clean-up**

Soothing sterile aqueous wipe to remove any dry blood & disinfectant



click to play video

6

METHODS

Different methods
to pierce a septum

telescopic rocks

but first.....

Does It Matter?

As long as you are comfortable & getting the results you are satisfied with - keep doing it.

str8 as m8

Freehand Septum Piercing

Using only hands to manipulate the nasal tissue while performing the piercing

Pros

- Minimalistic and disposable by nature
- Little/no tools needed
- Natural tissue state
- Good sensory feedback from the tissue

Cons

- Need to exercise more needle control on exit
- Minimal back pressure, so tissue can “tent”
- Can be trickier to support the exit tissue
- Bevel theory needs to be applied to be straight

pinch-n-pull freehand

Pulling down on the nasal columella and piercing with the other hand

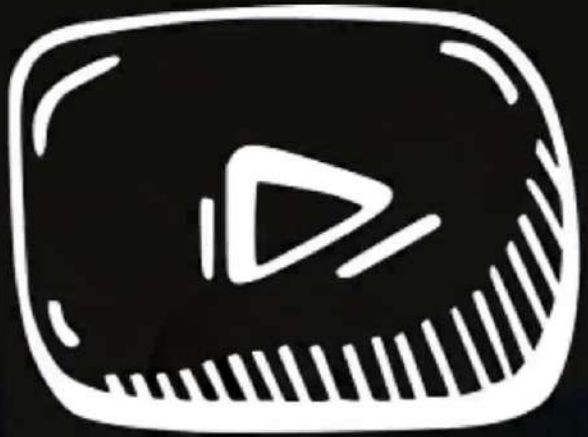
@velvetelvispiercing

face-brace freehand

Bracing the nostril cartilage and piercing with the other hand.

@morinpiercer

@morinpiercer



click to play video

Receiving Tube Septum Piercing

Using a hollow tube to support the exit of a freehand septum piercing

Pros

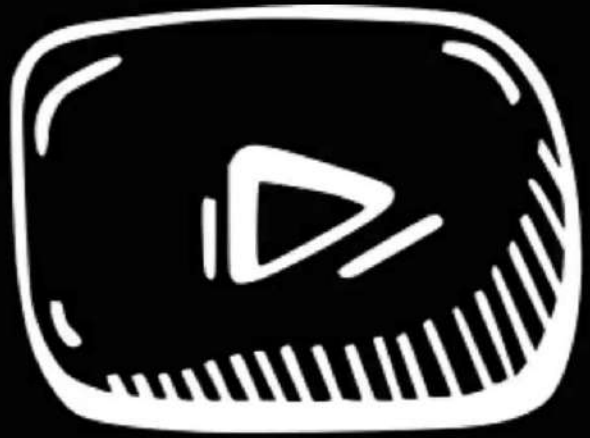
- Less needlestick risk
- More tissue support
- Multiple sizes
- Clear and disposable tubes readily available
- Angled end can be used

Cons

- Less sensory feedback
- More nostril distortion from upwards pressure
- Bevel theory needs to be applied to be straight
- More time consuming to clean & reprocess for use

* glass tubes should be disposed of instead

@rubenlew



click to play video

Clamped Septum Piercing

Using specialised clamps to locate and support the sweet spot while piercing

Pros

- Easy to use, & less experience is required
- Guide to help with placement & position
- Less needlestick risk
- Adding rubber bands can add mild pressure

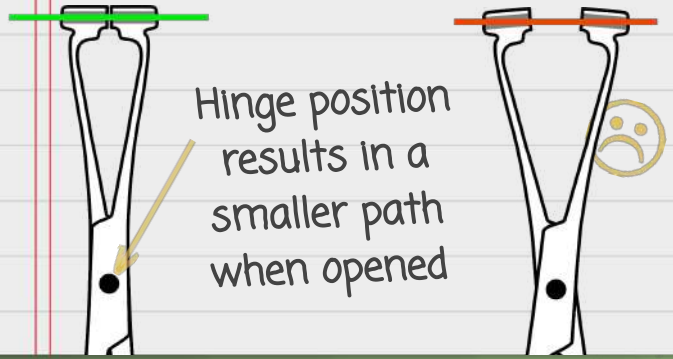
Cons

- A tool that requires reprocessing or disposal
- Tube restricts gauge
- Varying quality in design & manufacturing
- Straightens deviated tissue while piercing

Clamped Septum Piercing

The industry has used them since their invention by Jim Ward in the 90s, and are commonly the go-to method for many practitioners.

There are a LOT of different styles of septum clamps!



Clamped Septum Piercing

Disposable clamps are nothing new, they have continued to improve in both functionality & quality due to the increased popularity.

stiletto supplies

AliBaba imports

Quickly Piercing

Modifying Septum Clamps

Although there are a number of clamps already, you may find yourself wanting to modify a tool to suit your needs!

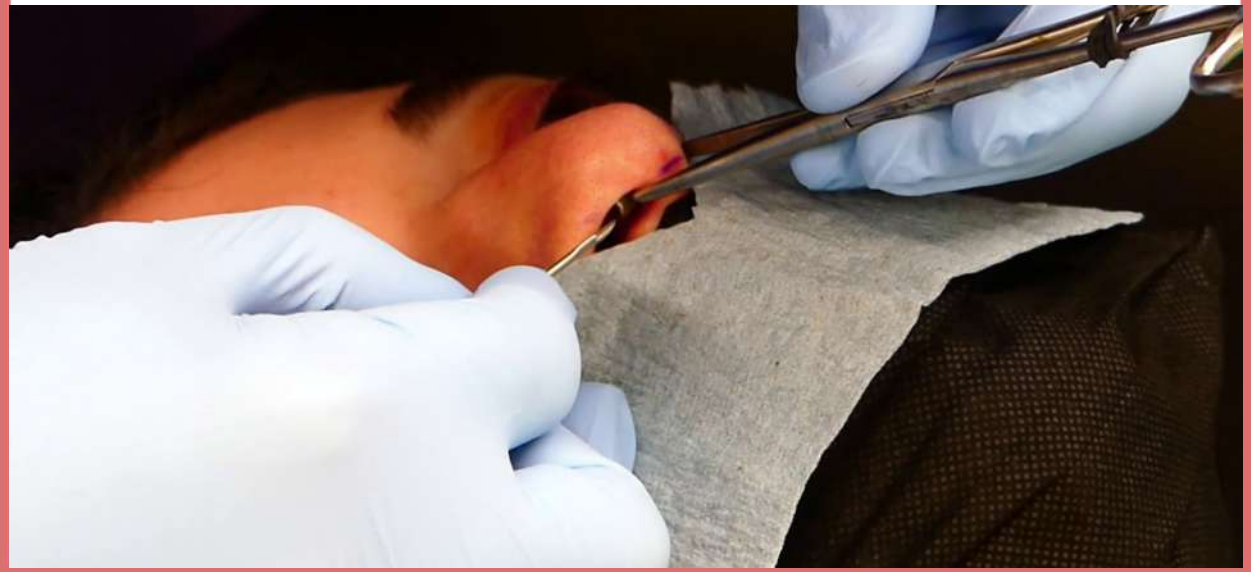
- Remove ratchets (locking)
- Slit for cannula removal
- Add groves for rubber bands
- Marks to visualise height
- Shorten or angle tubes
- Addition of bevel guides

Ensuring a correct polish after modification is crucial.

A.j. Goldman's "septerino 3000"

from behind

Behind a laying down client
while piercing them



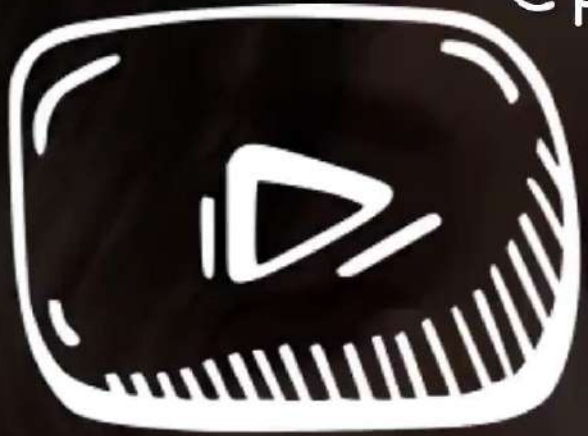
@ryanpba

face-to-face

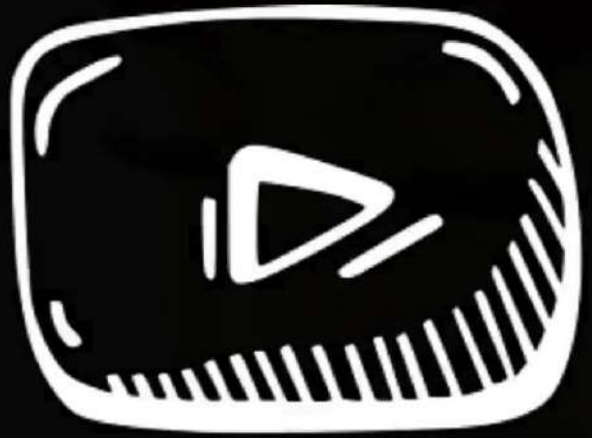
In front of a client
while piercing them

@suzannehallett

@piercersuzanne



click to play video



click to play video

@fi_james

Telescopic Septum Piercing

Using a needle blade inside a blank to compress the tissue with a receiving tube before piercing

Pros

- Strong visual aid & great tissue feedback
- Compression means minimal needle drifting
- Scalable between sizes
- Easily made disposable

Cons

- Learning curve due to unique hand posture
- Less visibility of the sharp as it's is covered
- No needle crushing
- Difficult to verbally describe or teach

Ask me how I know

Telescopic Septum Piercing

Small blanks has been used in piercing for some time, mostly for disposable transfers.

At APP ~2011, I was talking to Brian Skellie about how I missed sleeving back Cannulas for septums and he described how he dremeled a needle blade to make a telescopic sleeve.

#wwbsd

I did a few on some informed clients and found my accuracy and comfort increased dramatically.

Since then, I have published videos showing the method and others have said they loved it too!

Erwan - Dysmorphic "Booger Blaster" 2012+

3/8" height guide

What is a Telescopic Needle?

but.... why?

Cannula needles have a thin, removable, tapered plastic tube over the needle, and are designed to puncture a vein or vessel, leaving the sleeve in place for access to withdraw or inject.

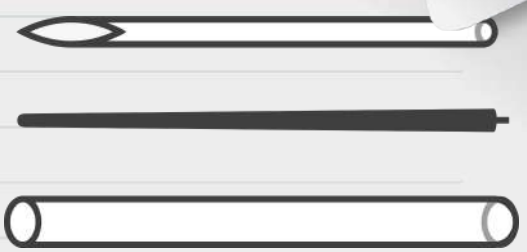
They are commonly used in Europe for body piercing, and have a REALLY cool feature that you can slide the sleeve forward to line up against the skin before pushing the needle through.

Sheathed sharp

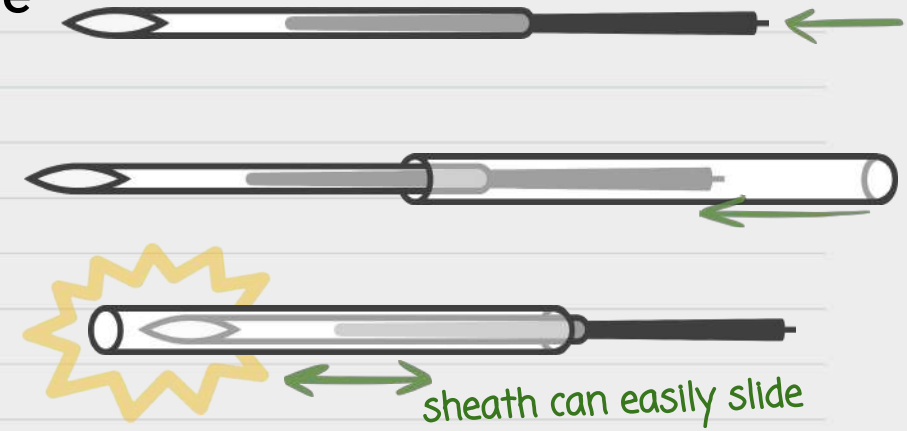
Pointy bit exposed

What is a Telescopic Needle?

- ☑ Needle blade (desired gauge)
- ☑ Taper (same gauge as needle)
- ☑ Needle blank (one gauge larger)



1. Insert taper into the rear of a needle
2. Slide the blank over the back of both
   OSHA
3. You now have a telescopic needle!



Disposable Telescopic Needle

A fully disposable telescopic needle can be made by using a needle longer than the sheath.

#didntidoitforyou

- ☑ 3” Needle blade (desired gauge)

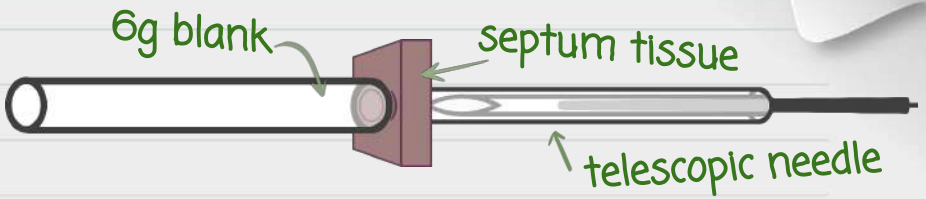
- ☑ 2” Needle blank (one gauge larger)

1. Slide the blank over the back if the blade

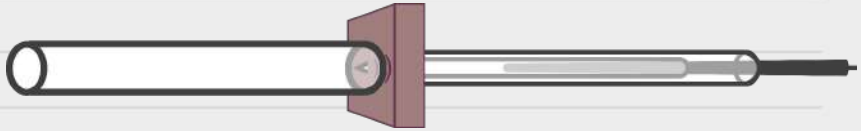
2. You now have a telescopic needle!

Telescopic Septum Piercing

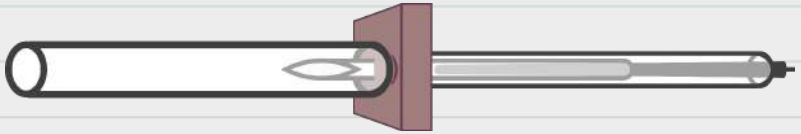
1 Couple a 6g blank & a retracted telescopic needle on either side



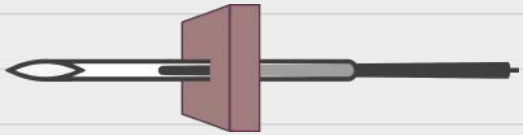
2 Press together & slide the needle in

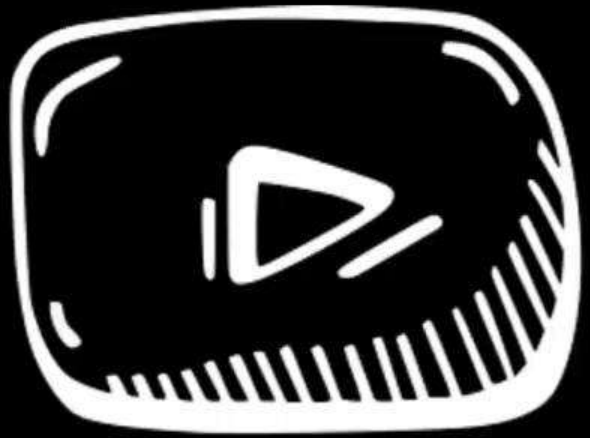


3 Push the needle through the tissue



4 Remove both blanks & you can transfer jewellery





click to play video

@ruben.bodypiercing

click to play video

click to play video

click to play video

Large Gauge Pilot Piercing

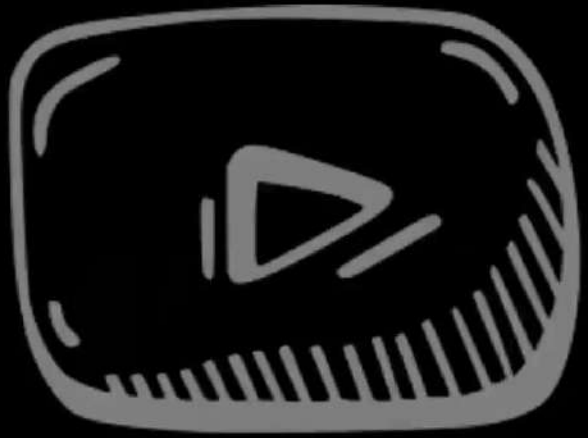
Using a thinner needle to pierce, followed by a thicker needle for the purpose of enlarging a piercing without stretching it

Pros

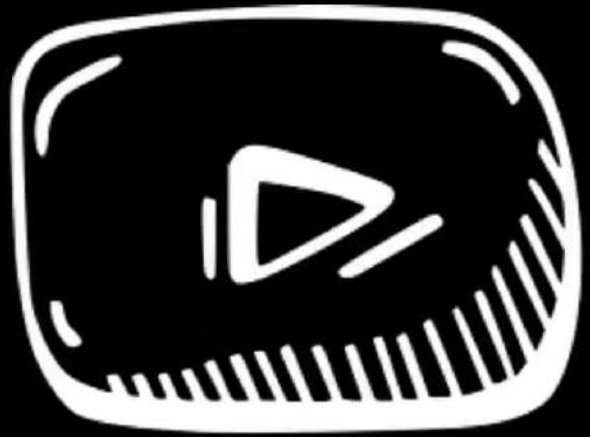
- Little to no change in how you would normally initially do a piercing
- Works with any method
- Mitigated needle drift
- Minimal force and is more comfortable to have

Cons

- Concept seems sketchy at first glance… lil' bit
- An extra procedure step
- An additional needle



click to play video



click to play video

can you fix it?

YES YOU CAN

7

CORRECTIONS

How to tell if its gone wonky & fix it

What makes a septum wonky?

These images were randomly grabbed and are not intended to cast any shade on any practitioner - this is purely about learning how to spot discrepancies so we correct them.

their right lower

their left lower

their right is back

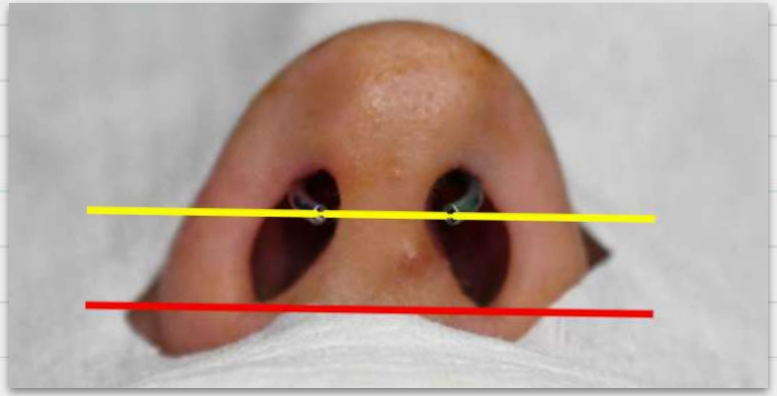
their left is back

Now, how do we correct it?

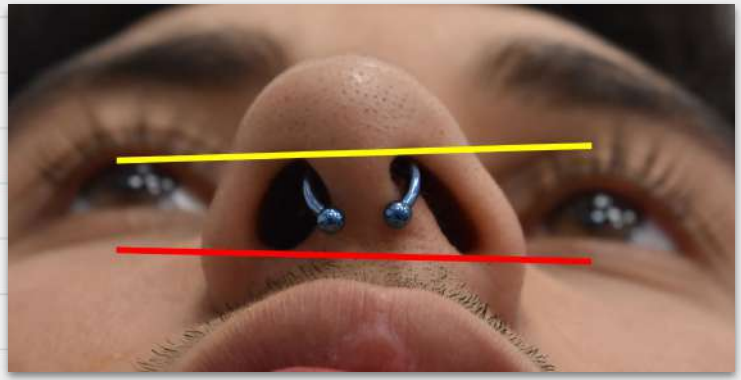
What makes a septum wonky?

It is difficult to tell if a septum piercing is straight, and which axis needs correction.

X-Axis (aka "lip to tip")



Ring should sit parallel with the nostril bottoms

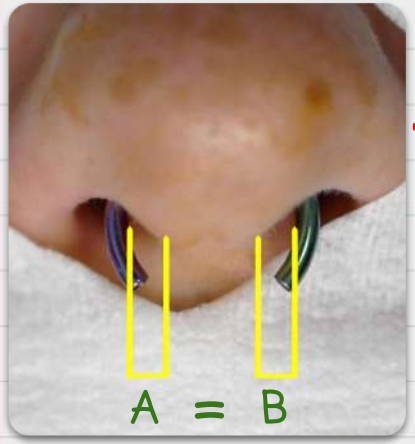


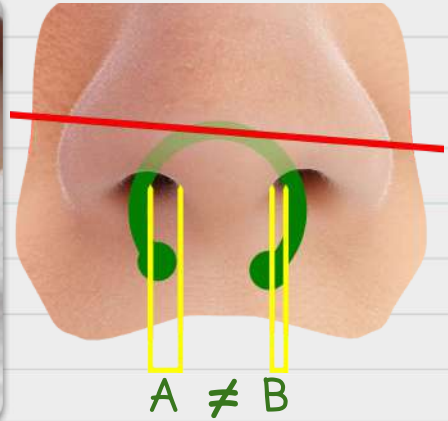
The same applies for most deviations too

What makes a septum wonky?

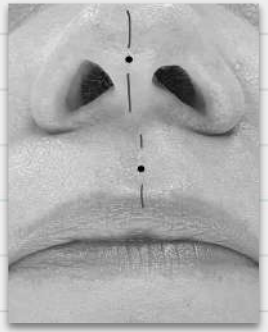
Piercing one side higher than the other will make it appear "off center" to the nose.

Y-Axis (up & down affects side to side)





Goal: the same distances between ring & columellar



by Lola Slider (Forest Piercing)

This can also be used to "center" a deviation

What makes a septum wonky?

Unfortunately, even small discrepancies can become much more noticeable once healed.

This can occur from irritation during healing, their anatomy, or simply just bad luck.

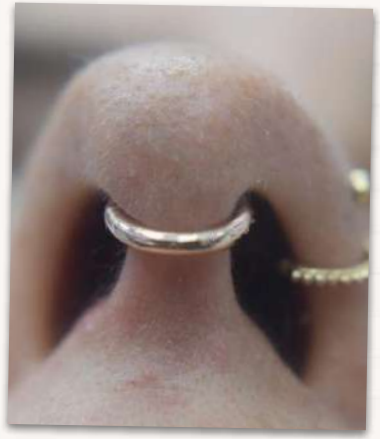
Noticing it means you can try to correct it.

Freshly pierced freehand

2 weeks into healing

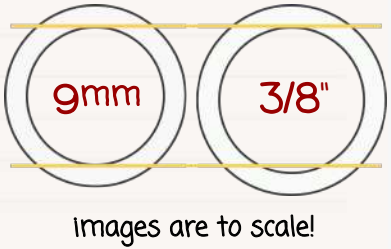
Hide the wonk!

Smaller, simpler & huggier jewellery will generally help mask if a septum is a bit wonky.



Captives can also be used to hide wonkiness.

Having different sizes, types, & brands can help get a perfect fit too.



Redo an existing piercing

If a crooked piercing is allowed to heal & the client wishes to correct it, it is important that you select an entirely new placement.

If the existing piercing is straight, but in a bad spot, you can add another piercing.

CBB addition
by joeltron dot com

CBR redo by Lola Slider

Install modified jewellery

Using intentionally modified jewellery to make a wonky piercing appear straight

no jewellery was actually harmed making this slide

Pros

There are no benefits doing this

(fight me after class)

Cons

- Doesn't work effectively
- Tends to look even worse than just a crooked piercing
- Ruins an otherwise good piece of body jewellery

Intentionally migrate piercing

Having jewellery flipped while healing may cause pressure to occur & may migrate the piercing to heal straight with the nose.

Cotton “wedged” in front of one nostril was an old trick to try and force a piercing straight.

Pros

- No additional skills required
- Minimal discomfort
- Can be done at home

Cons

- Constant pressure on a freshly done piercing
- Thinner jewellery only
- Generally mild results

Intentionally migrate piercing

Fresh	Week 7

Luc Scott from Outer Limits was able to adjust a septum by getting the client to flip theirs for the healing cycle.

Although not perfect, it is quite the contrast between fresh & healed.

Remove and re-do later

Not satisfied with a fresh piercing? Remove it, let it heal and re-do it after two or so weeks.

Pros

- No inflammation or blood when redoing it
- Often the best option for a novice piercer
- You can start with a clean slate and choose a new placement

Cons

- Client has to come back at a later day
- Client may not wish to come back again
- Possible scar tissue
- Reprocessing the worn jewellery for later use

Remove and re-do immediately

You can entirely remove the jewellery from the piercing and immediately re-do a new piercing.

Pros

- Client doesn't need to come back again
- Can change the entire placement, especially if you miss sweet spot
- Generally more ideal than redoing later

Cons

- Chance of going back through the same hole
- Likely to bleed & dry blood may cause pain or resistance when redoing
- New needle required

Re-angle the piercing

Re-piercing the last layers of tissue on a new piercing to adjust the angle of the piercing

Pros

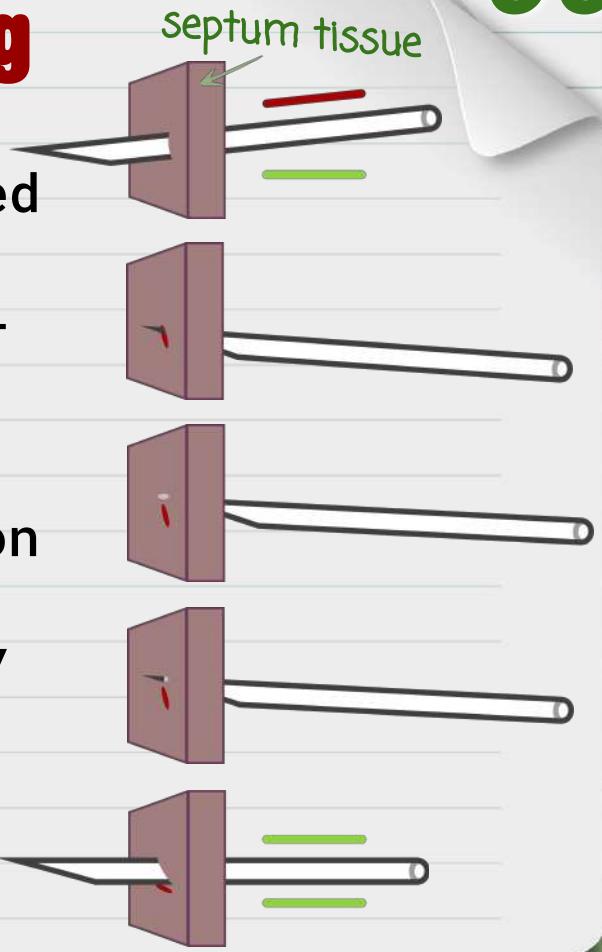
- Less damage and pain than a full repierce
- Can be done quickly
- Accurate as you use the old hole as a guide
- Less bleeding than full removal to re-do

Cons

- Higher complexity level & may confuse at first
- Can’t change placement
- Can be done immediately OR ~2 weeks into healing
- New needle required

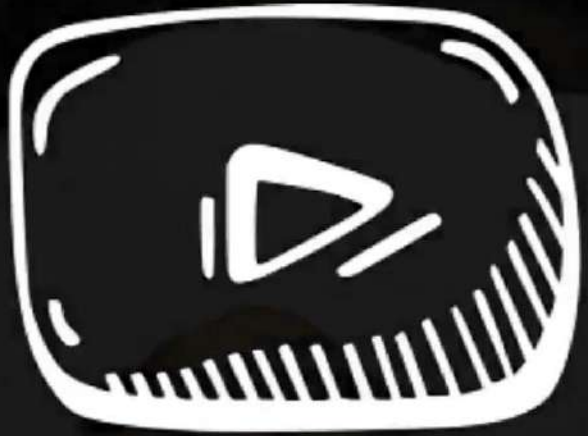
Re-angle the piercing

1. Install a new needle, with the bevel away from direction wanted
2. With a tilt, back the tip until it is nearly inside the skin
3. Back the tip further until the skin goes over it and reposition
4. With the needle in place, apply pressure until the tip exits
5. Push the needle through & the old hole will get compressed

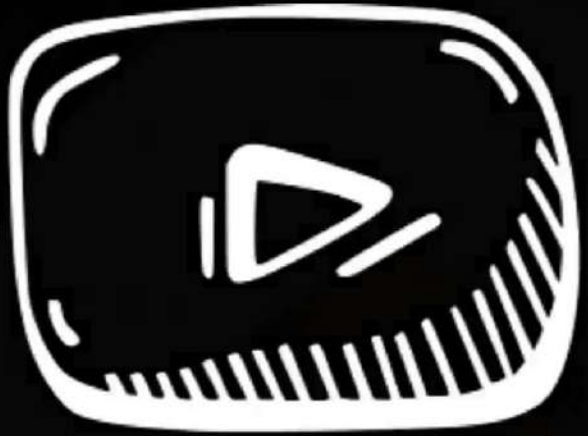


joeltron.com

100



click to play video



click to play video

THANKS & SUCH

Special thanks to all the clients that trust me to work on them & all my friends who support me everyday.

Peer Reviewers

@prysmpiercing (Rob Hill)
@brnskll (Brian Skellie)
@coyote.black
@piercersuzanne
@ruben.bodypiercing
@lynnloheide
@edelbugs (Eden)
@lola.slider

Happy Helpers

@caratigerlily
@anisah.alchemy
@dysmorphicbodyart (Erwan)
@morinpiercer
@missmodify (Bree)
@dsatan3
@rubenlew
@fi_james
@piercingsbylarry
@ryanpba
@luisgpiercing

Spelling

@sharpie.ships (Christina)
@rosegoldpiercing (Courtney)

I good spell

Citations

History

Fahmy, Azza (2015). "Desert Jewelry". The Traditional Jewelry of Egypt. p. 120. ISBN 9789774167201.
Jard, Jim (2013). “Running The Gauntlet”. P. 33. ISBN 9780988851603.
www.archaeology.org/news/5028-161118-australia-nose-bone
www.healthdirect.gov.au/deviated-septum
www.nytimes.com/interactive/2016/05/11/style/septum-rings-millennials-willow-smith.html
www.patapatajewelry.com/en-au/blogs/pata-pata-jewelry-blog/the-secret-symbolism-of-septum-piercings-discover-the-ancient-roots-and-modern-relevance-of-this-powerful-body-modification
www.naturepl.com/stock-photo-dani-tribe-man-with-traditional-headress-and-nose-septum-piercing-nature-image01672813.html

Methods & Pros/Cons

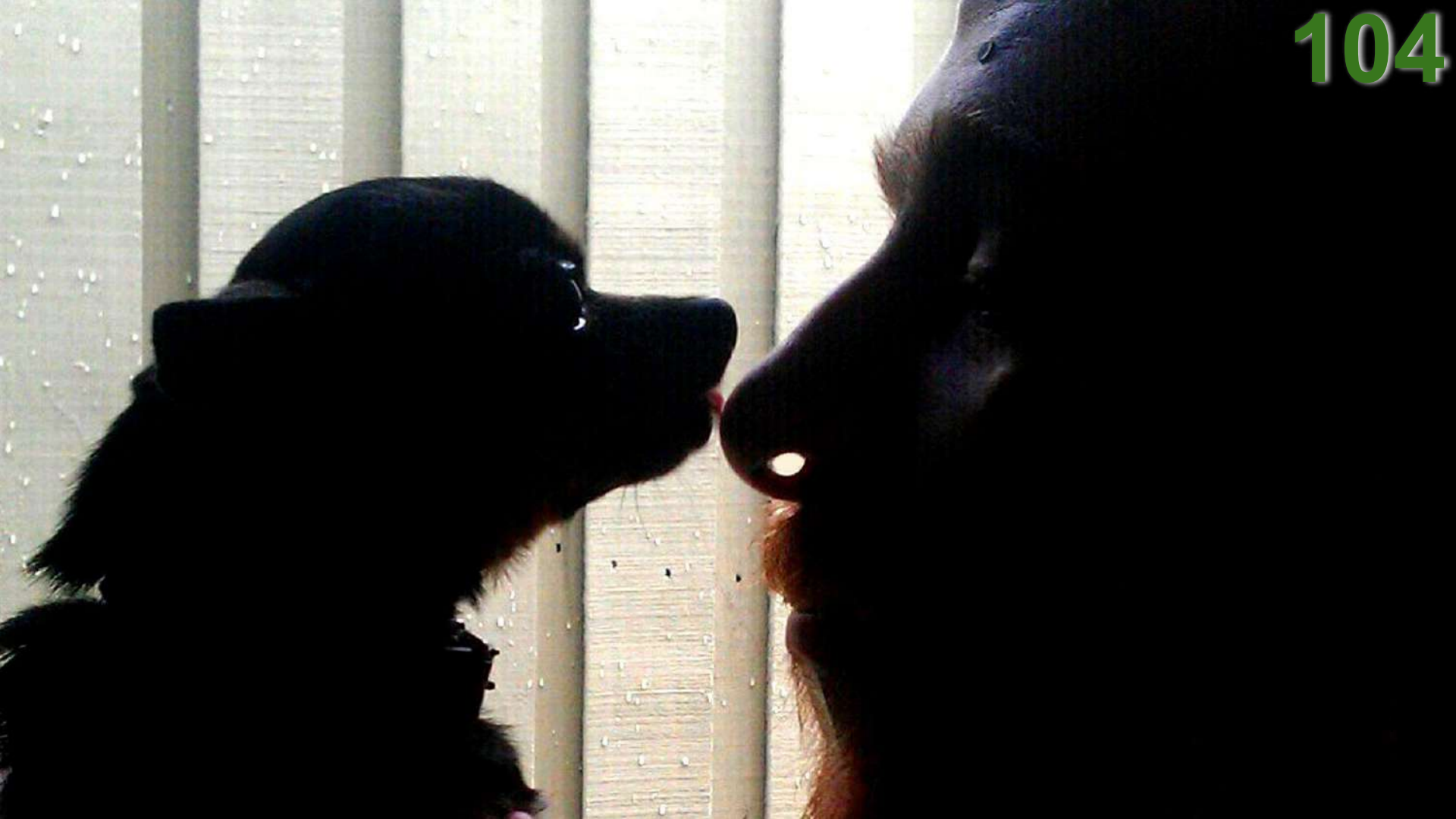
www.thepointjournal.org/2020/04/28/point-80-piercing-erik-dakota/
www.medicalnewstoday.com/articles/cannula
wvs.academy/learn/companion-animals/spay-neuter/preparation-and-principles/patient-preparation/intravenous-catheter-placement
www.lynnloheide.com/post/septum-stretching
www.cpap.com/blog/different-types-cpap-masks

Anatomy

www.e-aps.org/journal/view.php?doi=10.5999/aps.2020.01774
www.doctorsfinder.in/treatments-cost/deviated-septum-surgery-cost-in-india/
www.estheticland.com/nose-types-for-rhinoplasty/
www.stlsinuscenter.com/common-sinus-problems/septal-deviation/
www.pubmed.ncbi.nlm.nih.gov/12409771/
www.ncbi.nlm.nih.gov/pmc/articles/PMC6904919/
www.healthdirect.gov.au/trigeminal-neuralgia
www.drlamperti.com/blog/news-and-updates/uncategorized/where-is-a-septoplasty-incision-made-inside-the-nose
www.ncbi.nlm.nih.gov/pmc/articles/PMC7700863/

Common sizes poll

www.facebook.com/groups/ForeverLearning/posts/6107570129329453/


104