

DOWNSIZING

Fresh: There may be some extra length on your post to accommodate for swelling. It is important to downsize your jewelry once the swelling has gone down. This can take anywhere from 2 weeks to 3 months.



After being slept on: If you are sleeping on your piercing, you risk having the angle change from the pressure being put on the jewelry. Other risks include unsightly piercing bumps and excess swelling / soreness. A travel pillow may help you sleep during this time.



Downsized: Once your jewelry has been downsized it will fit snug up against your skin. Downsizing is crucial for happy and healthy piercings!



You want your initial post to have room for swelling. Once the swelling goes down, you **NEED** to downsize your post. You want the post to be a little longer at first, but not excessively long. Not downsizing will lead to bumps and migration.