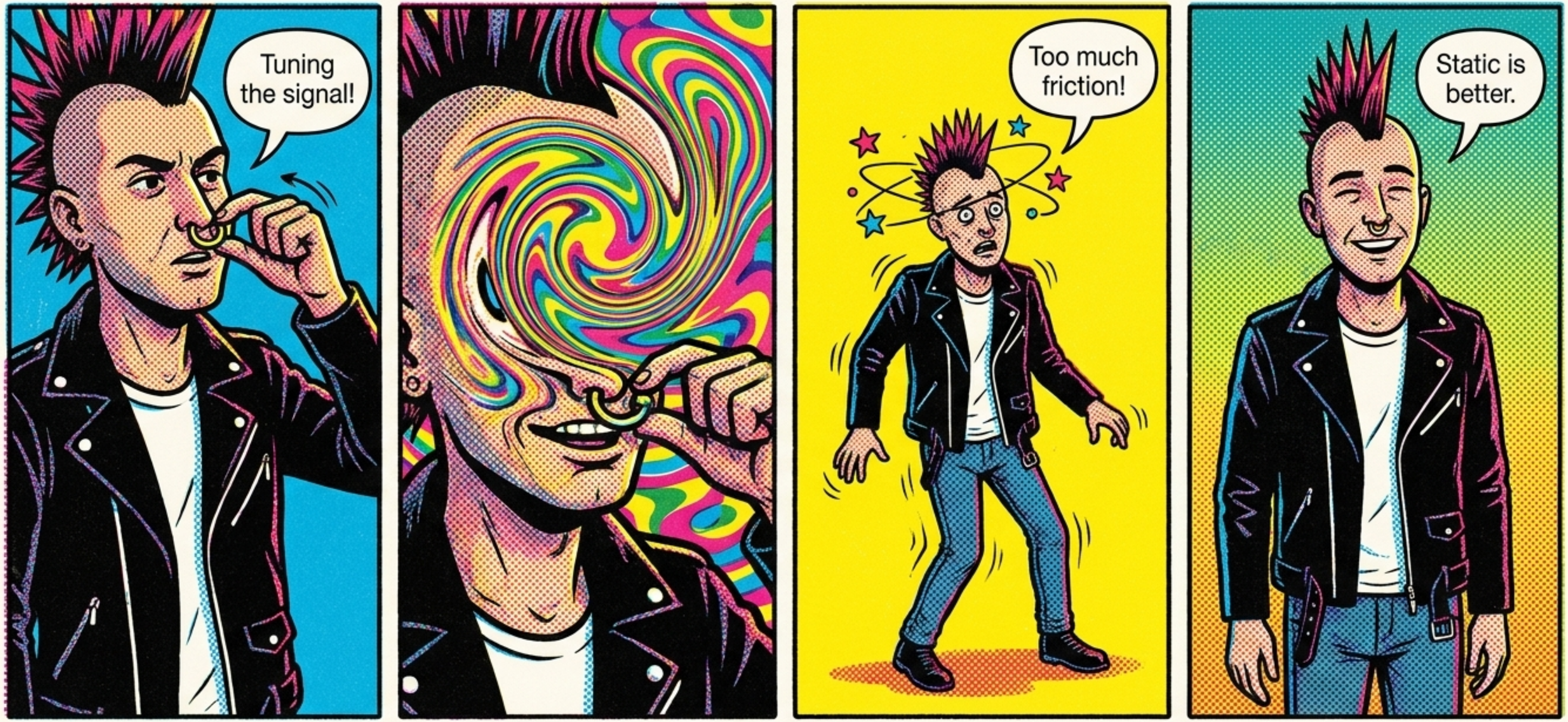


Rotating jewelry during the healing phase repeatedly tears delicate new tissue and creates excess scarring.

You are not a human radio dial.