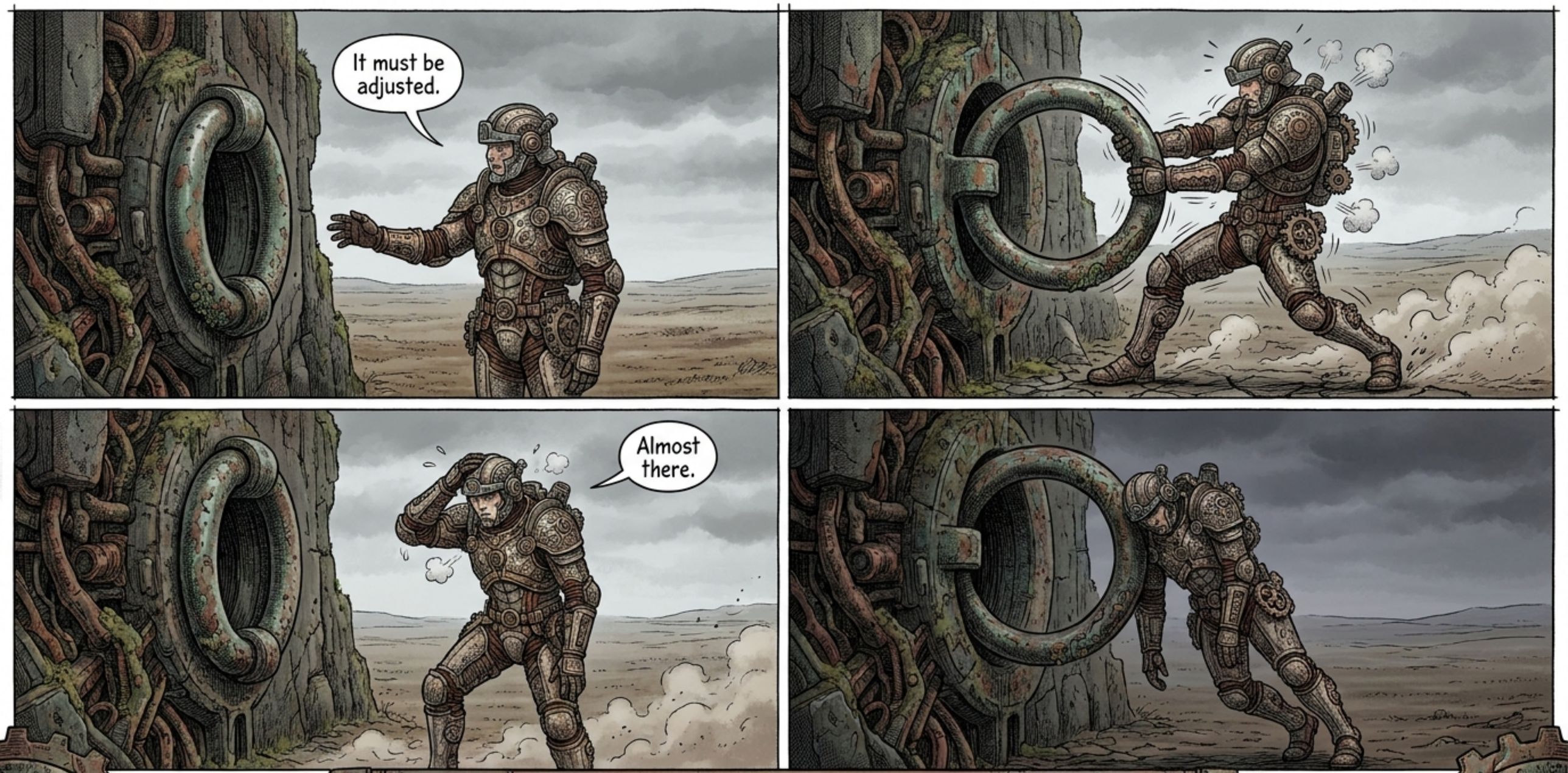

Moving or rotating jewelry is not necessary during cleaning and irritates the healing tissue.

I finally tuned into the sports broadcast.