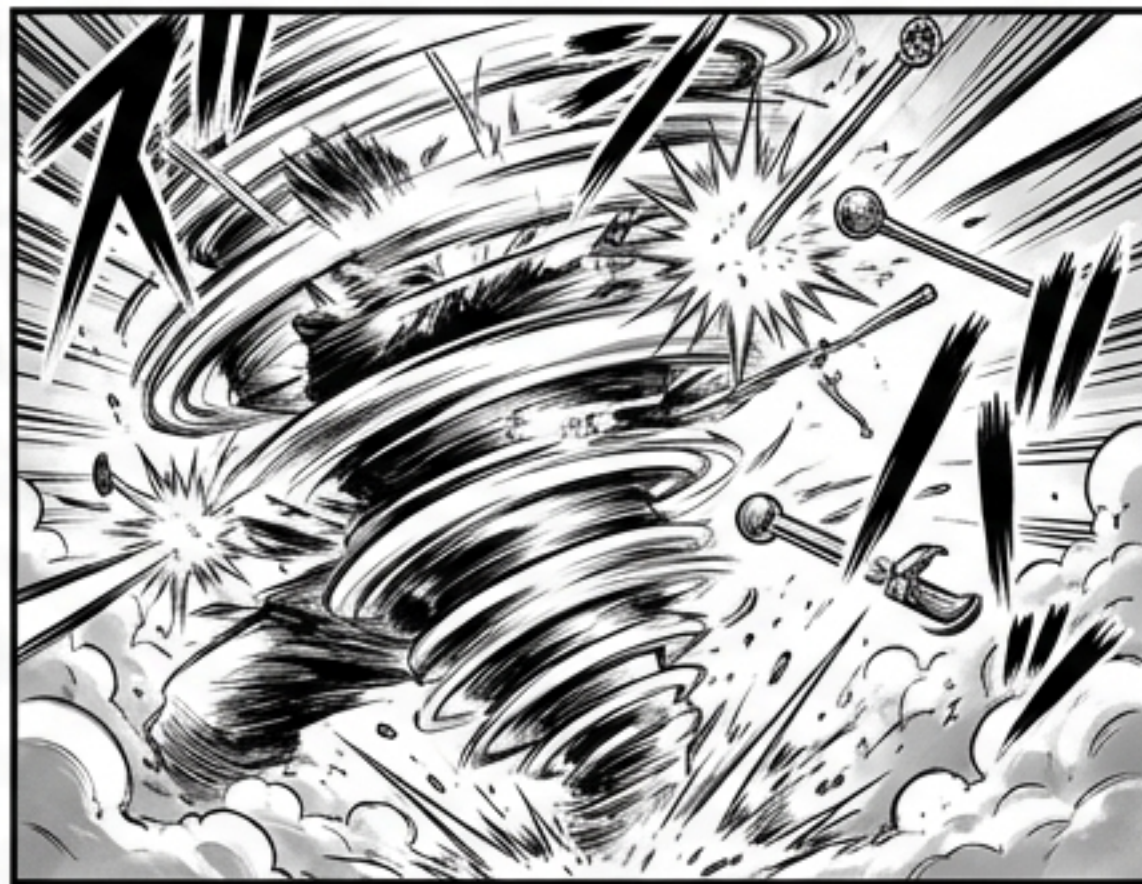
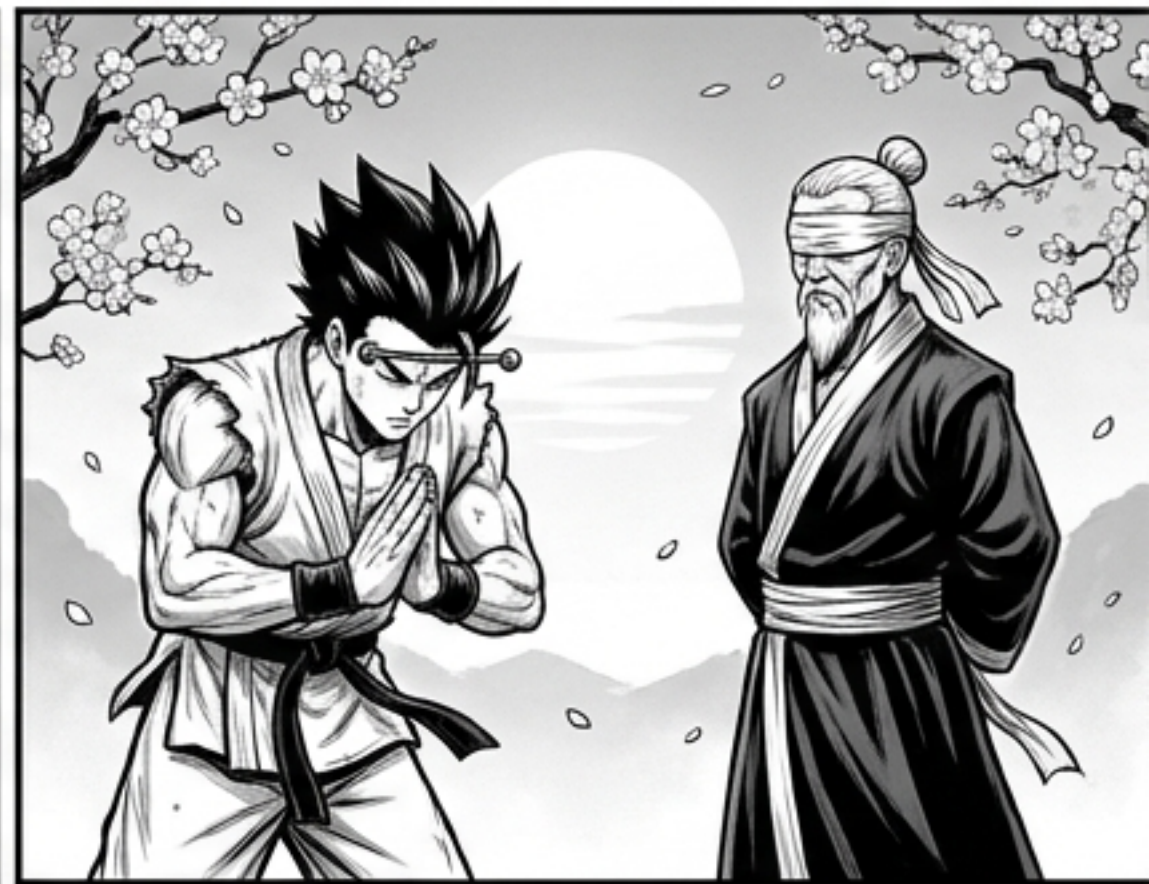




Initial jewelry is sized longer to accommodate swelling and must be downsized by a professional to prevent snagging and pressure trauma.
The ultimate technique is a properly fitted barbell.