

How to insert your jewellery – a guide by MAYDUNA

Congratulations on your brand new jewellery purchase!

We at MAYDUNA are, of course, more than happy to assist you and put your jewellery in for you. If, however, you need to do this by yourself at home, this guide will be helpful to you.

You will need:

Soap and water

Towel

Paper towel

Lubricant or ointment to make insertion easier

Optional: a pair of latex or nitrile gloves

Set up a clean area with good light. We suggest using a towel as a drape, to ensure that in case you drop something, you will easily find it again without having to spend time crawling on the floor looking for that tiny bead!

Wash your hands thoroughly and dry them. Gloves can be very helpful so you can get a better grip on the jewellery – so if you have a pair, use them. It is important that they fit you well: if they are too big, it will make things more difficult for you.

Threaded jewellery: If you have a threaded piece, you will have to screw the top onto the post. Try doing it a few times before inserting the jewellery – screw the end gently into the post, watch out to not overtighten it (especially with our gold ends). The trick with body piercing jewellery is to develop muscle memory – then you will know exactly how tight the top is, and will learn to easily and quickly change your own jewellery.

Threadless jewellery: This is probably the easiest style of jewellery for you to insert – the pin on the attachment will be pre-bent and all you have to do is press both sides of the jewellery together until it's all the way in.

Seam rings: These should be handled with care, or they will warp and go out of shape. If you are unfamiliar with how to insert this type of jewellery, we suggest you seek an experienced piercer to help you the first time!

Clickers: If you have a clicker, try opening and closing it a few times before inserting – to get a feeling of how it works. Be gentle, the hinges are quite durable, but can get damaged if used incorrectly.

Inserting the jewellery

Finally, let's get to the point!

Remove any jewellery you might be wearing and clean the area. You can use soap and water, or saline solution. Dry the skin with a paper towel. We recommend lubricating the

jewellery at the insertion point – don't go in dry. You can use a little bit of water-based lubricant, or an ointment such as vaseline. This will make the insertion of the jewellery easier for you.

Our flatbacks (labrets) have a disk that is fixed to the post. If you have one of these pieces, you will be inserting the jewellery back to front into your piercing. Gently guide the end of the jewellery into the piercing. Do not use any force – if your piercing is healed and healthy, this is a very easy thing to do.

For changing jewellery in piercings that aren't healed yet, please get in touch with us so we can help you out. The same applies for a scenario where you can't insert the jewellery without forcing it – if it doesn't slide in easily, do not force it and seek out for us.

Closing your jewellery

The post is in, now it is time to put the top on.

With our threaded ends, grip the flatback firmly and align the end of the post with the thread on the top. Carefully screw in clockwise while applying slight pressure. Don't let go of the jewellery until you feel that it has started screwing down, and screw until you start feeling resistance. Check where the end meets the post – everything should be sitting flush. Make sure your end is on tight by threading it one more last time.

If you have a threadless end, hold on to the flat back, align the pin on the top with the post, and press both sides together. You will feel when you can't press anymore – this means your jewellery is tight. Try pulling it apart slightly, to make sure it is tight enough. If it feels loose, you can readjust the pin a bit.

If you are inserting a clicker, align the ends of the ring and press it until you hear a click.

Make sure to check your jewellery for tightness every once in a while! Body jewellery is exposed to friction, movement, snagging – all this can make it loose over time if it is not routinely checked. We at MAYDUNA are also happy to help you with that – just let us know next time you're in!