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T R I B E

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BODY MODIFICATION STUDIO

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I. TATTOO APPOINTMENT INFORMATION

COMING SOON.

II. TATTOO AFTERCARE INSTRUCTIONS

- 1) Remove bandage in 2 hours. Do not re-bandage.
- 2) Wash well with warm water and an antibacterial soap. (i.e. Dr. Bronner's Unscented®, Dial®, or Soft soap®) Allow it to air Dry.
- 3) Apply Eucerin Aquaphor® ointment lightly with clean fingers. It should never have a glossy look. Wipe all excess ointment off. Use this method 3 times a day for the first two days. Washing thoroughly each time.
- 4) For the remainder of the healing period, use a dye and fragrance free lotion. (i.e. Lubriderm® or Curel®)
- 5) Do not use Petroleum jelly, alcohol or any home remedies.
- 6) During healing period avoid exposure to sun, steam, soaking, salt water, chlorine, dirt or grease.
- 7) **DO NOT PICK SCABS!!!!** Allow them to fall off naturally. Wear loose clothing around the area to avoid pulling these scabsoff. Two weeks is the normal healing time for tattoos. At the first sign of an adverse reaction (i.e. infection, illness or disease) contact Sol Tribe and consult a physician. Remember, tattoos are considered permanent and can only be removed with a surgical or laser procedure and any effective removal may leave scarring.

III. PIERCING AFTERCARE INSTRUCTIONS

CLEANING SOLUTIONS

Use one or both of the following solutions for healing piercings:

- Packaged sterile saline solution with **no** additives (read the label), or a non-iodized sea salt mixture: Dissolve ¼ teaspoon of non-iodized (iodine-free) sea salt into one cup (8oz.) of warm distilled or bottled water. A stronger mixture is not better; a saline solution that is too strong can irritate your piercing.
- 4 tsp. non iodized sea salt per 1 gallon of distilled water.

(Consult your piercer, the APP website, or call (888) 888-1APP for current suggested products.)

CLEANING INSTRUCTIONS FOR BODY PIERCINGS

- **WASH** your hands thoroughly prior to cleaning or touching your piercing for any reason.
- **SALINE** soak for five to ten minutes once or more per day. Invert a cup of warm saline solution over the area to form a vacuum. For certain piercings it may be easier to apply using a clean cotton swab, gauze, or paper towels saturated with saline solution. A brief rinse afterward will remove any residue.
- **RINSE** thoroughly to remove all traces of the soap from the piercing. It is not necessary to rotate the jewelry through the piercing.
- **DRY** by gently patting with clean, disposable paper products. Cloth towels can harbor bacteria and snag on jewelry, causing injury.

WHAT IS NORMAL?

- Initially: some bleeding, localized swelling, tenderness, or bruising.
- During healing: some discoloration, itching, secretion of a whitish-yellow fluid (not pus) that will form some crust on the jewelry. The tissue may tighten around the jewelry as it heals.
- Once healed: the jewelry may not move freely in the piercing; **do not** force it. If you fail to include cleaning your piercing as a part of your daily hygiene routine, normal but smelly bodily secretions may accumulate.
- A piercing may seem healed before the healing process is complete. This is because tissue heals from the outside in, and although it feels fine, the interior remains fragile. **Be patient**, and keep cleaning throughout the entire healing period.
- Even healed piercings can shrink or close in minutes after having been there for years! This varies from person to person; if you like your piercing, keep jewelry in—do not leave it empty.

WHAT TO DO

- Wash your hands prior to touching the piercing; leave it alone except when cleaning. During healing it is not necessary to rotate your jewelry.
- Stay healthy; the healthier your lifestyle, the easier it will be for your piercing to heal. Get enough sleep and eat a nutritious diet. Exercise during healing is fine; listen to your body.
- Make sure your bedding is washed and changed regularly. Wear clean, comfortable, breathable clothing that protects your piercing while you are sleeping.
- Showers tend to be safer than taking baths, as bathtubs can harbor bacteria. If you bathe in a tub, clean it well before each use and rinse off your piercing when you get out.

WHAT TO AVOID

- Avoid cleaning with Betadine®, Hibiclens®, alcohol, hydrogen peroxide, Dial®, or other harsh soaps, as these can damage cells. Also avoid ointments as they prevent necessary air circulation.
- Avoid Bactine®, pierced ear care solutions and other products containing Benzalkonium Chloride (BZK). These can be irritating and are not intended for long term wound care.
- Avoid over-cleaning. This can delay your healing and irritate your piercing.
- Avoid undue trauma such as friction from clothing, excessive motion of the area, playing with the jewelry, and vigorous cleaning. These activities can cause the formation of unsightly and uncomfortable scar tissue, migration, prolonged healing, and other complications.
- Avoid all oral contact, rough play, and contact with others' bodily fluids on or near your piercing during healing.
- Avoid stress and recreational drug use, including excessive caffeine, nicotine, and alcohol.
- Avoid submerging the piercing in unhygienic bodies of water such as lakes, pools, hot tube, etc. Or, protect your piercing using a waterproof wound-sealant bandage (such as 3M™ Nexcare™ Clean Seals). These are available at most drugstores.
- Avoid **all** beauty and personal care products on or around the piercing including cosmetics, lotions, and sprays, etc.
- Don't hang charms or any object from your jewelry until the piercing is fully healed.

HINTS & TIPS JEWELRY

- Unless there is a problem with the size, style, or material of the initial jewelry, leave it in place for the entire healing period. See a qualified piercer to perform any jewelry change that becomes necessary during healing. (See the APP website to locate an APP member, or to request a copy of our *Picking your Piercer* brochure.)
- Contact your piercer if your jewelry must be removed (such as for a medical procedure). There are non-metallic jewelry alternatives available.
- Leave jewelry in at all times. Even old or well-healed piercings can shrink or close in minutes—even after having been there for years. If removed, re-insertion can be difficult or impossible.
- With clean hands or paper product, be sure to regularly check threaded ends on your jewelry for tightness. (“Righty-tighty, lefty-loosey.”)
- Carry a clean spare ball in case of loss or breakage.
- Should you decide you no longer want the piercing, simply remove the jewelry (or have a professional piercer remove it) and continue cleaning the piercing until the hole closes. In most cases only a small mark will remain.
- In the event an infection is suspected, quality jewelry or an inert alternative should be left in place to allow for drainage of the infection. If the jewelry is removed, the surface cells can close up, which can seal the infection inside the piercing channel and result in an abscess. Do not remove jewelry unless instructed to by a medical professional.

FOR PARTICULAR AREAS NAVEL

- A hard, vented eye patch (sold at pharmacies) can be applied under tight clothing (such as nylon stockings) or secured using a length of Ace® bandage around the body (to avoid irritation from adhesive). This can protect the area from restrictive clothing, excess irritation, and impact during physical activities such as contact sports.

EAR/EAR CARTILAGE AND FACIAL

- Use the t-shirt trick: Dress your pillow in a large, clean t-shirt and turn it nightly; one clean t-shirt provides four clean surfaces for sleeping.
- Maintain cleanliness of telephones, headphones, eyeglasses, helmets, hats, and anything that contacts the pierced area.
- Use caution when styling your hair and advise your stylist of a new or healing piercing.

NIPPLE

- The support of a tight cotton shirt or sports bra may provide protection and feel comfortable, especially for sleeping. Remember to place your bra on slowly and place breast gently in position. Change to a clean bra regularly. Be careful with lacey bras.

GENITAL

- Genital Piercings—especially Prince Alberts, Ampallangs, and Apadravyas—can bleed freely for the first few days. Be prepared.
- Urinate after using soap to clean any piercing that is near the urethra.
- Wash your hands before touching on (or near) a healing piercing.

- In most cases you can engage in sexual activity as soon as you feel ready, but maintaining hygiene and avoiding trauma are vital; all sexual activities should be gentle during the healing period.
- To increase comfort and decrease trauma, soak in warm saline solution or plain water to remove any crusty matter prior to sexual activity.
- Use barriers such as condoms, dental dams, and waterproof bandages, etc. to avoid contact with your partner's body fluids, even in monogamous relationships.
- Use clean, disposable barriers on sex toys.
- Use a new container of water-based lubricant; do not use saliva.
- After sex, an additional saline soak or clean water rinse is suggested.

Each body is unique and healing times vary considerably. If you have any questions, please contact your piercer.

THESE PIERCING CARE INSTRUCTIONS ARE COURTESY OF THE APP & SOL TRIBE, INC.



Disclaimer: These guidelines are based on a combination of vast professional experience, common sense, research, and extensive clinical practice. This is not to be considered a substitute for medical advice from a doctor. If you suspect an infection seek medical attention. Be aware that many doctors have not received specific training regarding piercing. Your local piercer may be able to refer you to a piercing-friendly medical or dental professional. For more information, see the APP Brochure *Troubleshooting For You and Your Healthcare Professional*.

Use of this brochure does not imply membership in the APP. A current list of APP members can be found at safepiercing.org. False claims of membership should be reported to the APP.

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IV. TATTOO TOUCH UPS

Touch ups are free from the original artist within the first three months of receiving the tattoo provided the artist's aftercare instructions were followed. After the third month there may be a charge for tattoo touch ups. Talk to the original artist as they will need to see the tattoo in person to assess the touch up.

V. ORGANIC JEWELRY CARE

The jewelry you choose require a specific aftercare depending on what kind of material it is. Sol Tribe offers an assortment for you to try. Organic jewelry is to be worn in healed piercings only. An allergic reaction can occur from some jewelry. If this occurs discontinue use. All jewelry made of natural material cannot be guaranteed and cannot be returned or exchanged. Organic materials must be taken care of in order to insure a long life for your jewelry. The maintenance of your jewelry is up to you. We suggest that you do not handle your jewelry unless your hands are clean. It is necessary to clean your jewelry prior to insertion. A non-chemical soap (Dr. Bronner's) diluted in distilled or bottled water is great for your jewelry and your hands.

Stone -Jade - Amber -Glass-Obsidian

Stone, Amber and Glass are the easiest to care for of all the Organic jewelry. Keep the jewelry clean and condition your ears regularly, but be careful. Because of the weight of stone plugs, your piercings may loosen from their original size and the jewelry can be lost. We suggest sleeping without this jewelry to maintain the size you have. Amber, stone and glass are brittle and can be broken if they are dropped. Amber should not be exposed to extreme heat or chemicals.

Wood -Bamboo

Wood is very porous and absorbs moisture. Wood cannot be autoclaved or disinfected It is very sensitive to strong chemicals (as it will absorb and cause reactions). Wood jewelry should never be treated with finish or sealants. The chemicals in these types of products are toxic.

Only oils such as peanut, jojoba, olive, and vitamin E oil should be used to condition the wood, In Colorado we are especially dry and wood requires weekly, sometimes daily conditioning especially if worn in the shower. Wood also needs to be sanded periodically to insure smoothness, then cleaned and re-conditioned. The more often wood is exposed to moisture the more often you need to condition them. Bamboo being a grass, not wood, does not need sanding.

Horn Bone New or Petrified

Water buffalo Horn is the most common horn being used to make plugs. This natural material occasionally needs to be conditioned. Only oils such as peanut, jojoba, olive, and vitamin E oil should be used to condition horn, The biggest problem with horn and wood plugs is when there is an inlay. The most common inlays are bone, bone dust, stone and silver. With the exception of bone dust inlays, inlays are very sensitive to changes in moisture and temperature. Because these materials are inlayed in porous material, when a change in temperature or humidity occurs the wood or horn holding the inlay constricts and expands possibly harming the integrity of the inlays position. Leave your plugs at home when going snowboarding or swimming. Silver inlays can be polished with a silver polishing cloth and any stone inlays are usually put in place with an adhesive and can be lost when exposed to moisture excessively.

Suggested Cleaning Products for your jewelry:

Non-chemical soap (.Dr. Bronner's) soap

Diluted in distilled or bottled water

Suggested Cleaning Products for your stretched piercing:

Non- Iodized Sea Salt

¼ of a teaspoon per 8oz of distilled or bottled water

Suggested conditioning products for you and your jewelry:

Jojoba oil, olive, peanut, most natural oils that are hypoallergenic

***Disclaimer:** These guidelines are based on a combination of vast professional experience, common sense, research, and extensive clinical practice. This is not to be considered a substitute for medical advice from a doctor. If you suspect an infection seek medical attention. Be aware that many doctors have not received specific training regarding tattoos or piercing. Your local body modification studio may be able to refer you to a body modification-friendly medical professional.

Detailed verbal and written instructions will be given to you at the time of your appointment. This is so it will be fresh in your mind right after having work done. You may refer to these guidelines if you forget or misplace your instructions. For further instructions that are specific to your body modification **call one of our Body Modification Professionals at Sol Tribe at 303.832.1311 or stop by 56 Broadway, Denver, Colorado.**

*Disclaimer and piercing aftercare courtesy of Association of Professional Piercers. For more information on them and our affiliation visit SafePiercing.org

COUNTER POSITION APPLICANT QUESTIONNAIRE

NAME:

AGE:

DATE:

PHONE:

1. Do you have any other interests in body modification besides piercing or tattooing and what are they?
2. If the total is \$50.63 and the customer gives you 100.03, what will their change be?
3. Do you know or have training in: CPR? First Aid? Universal Precautions? Allergies?
4. This job requires a lot of cleaning, is that a problem?
5. Are you aware if you have an allergy to latex?

6. How are you with memorization and repetition?

7. What do you know about body piercing and body jewelry?

8. What do you know about tattoos?

9. Do you know how to use a ruler or a gauge wheel?

10. What are your future career plans?

11. If a customer wants three piercings at twenty dollars and two barbells at twenty eight dollars, what would their total be without tax?

12. How are you at handling multiple tasks at the same time?

13. What was your least favorite job and why?

14. What was your most favorite job and why?

15. How do you handle stress?

16. If a customer had a problem with something that you did, how would you approach the issue?

17. Regarding the issue above, what if the customer were to become irate and hard to handle and the situation seemed escalate as you tried to correct it?

18. Is the customer always right? Please explain.

19. How are you at being assertive?

20. How do you feel about 10 people needing to be helped and you are the only person able to help them? What would you do to handle the situation?

21. Do you have any desire to become a professional body piercer or tattoo artist? Which one?

22. If you want to be a tattoo artist, could you present examples of your artwork?

23. The demand for quality artwork is high at Sol Tribe. On a scale of 1 to 10 (10 being the best), how would you rate your artwork?

24. What mediums have you used and which is your strongest (or favorite)?

25. How are you with change (not coins)?

26. How do you handle criticism?

27. When you don't know something are you willing to ask for help?

28. How are you with being told what to do?

29. What do you know about Sol Tribe?

30. Why do you want to work for Sol Tribe?

31. Describe your receptionist/phone experience and how do you think it would be beneficial to Sol Tribe?

32. How would others that you know describe your phone etiquette?

33. Tell us what you think that your greatest strength is and why? ...your greatest weakness?

34. How much structure, direction and feedback do you need to excel?

35. Date available for work?

36. Are you willing to work extra hours?

37. Are you willing to fill in when someone is sick?

38. Are you willing to travel to other cities to work conventions? (Keeping in mind that you will probably be paid only by commission from the merchandise that you sell. Also, some of your expenses may be paid by Sol Tribe but most will be paid by you. Your expenses may include hotel and food. All of which will be worked out prior to departure.)

39. What days and hours are you available and how many hours are you looking for?

40. You will be paid while working the counter but are you willing to sacrifice extra time unpaid for training or apprenticing?

41. You may be in the counter position for a couple of years before you even get to apprentice. Will this be a problem?

42. What is your desired salary range?

43. What pace do you typically work at?

44. In what areas do you typically have the least amount of patience at work?

45. We do not allow food or drink, smoking, pets, uncontrollable children in the shop. We also don't allow handling of jewelry without hands being cleaned properly. If a client were to break one of these rules, how would you handle it?

46. What would your current or most recent supervisor say makes you most valuable to them?

47. Describe a situation in which you provided excellent customer service.

48. Describe a situation in which you could have offered better customer service.

49. Why are you looking for new employment?

50. If you quit your last job, why?

51. Have you ever pled “guilty” or “no contest” to, or been convicted of a crime? If yes, please provide date(s) and details.

Answering “yes” to these questions does not constitute an automatic bar to employment. Factors such as date of the offense, seriousness and nature of the violation, rehabilitation and position applied for will be taken into account.

52. What questions may we answer regarding this position, the company, etc...?

53. Do you have your own vehicle?

54. Do you live near the Baker neighborhood? How far from the shop do you live?

55. Are you currently attending school or planning to attend school and what will your major be?

56. Do you know how to operate a cash register and/or computer?

57. What are your hobbies or interests?

58. How long have you lived in Colorado? If you are new to our state, what brought you here?