Body Piercing Gauge Chart

Studio: _____ Date: _____ mm / dd / yyyy

Client: _____ Piercer: _____

HOW GAUGE WORKS

> **The number runs backwards**
> Gauge measures thickness, and a higher gauge number means thinner jewellery. 20g is thinner than 14g. Once jewellery passes 00g the system switches to fractions of an inch, and the numbers then run the normal way - larger means larger.

CONVERSION TABLE

Gauge	Millimetres	Inches (approx.)	Commonly used for
20g	0.81 mm	0.032"	Nostril, some ear cartilage
18g	1.0 mm	0.040"	Nostril, earlobe, cartilage
16g	1.2 mm	0.047"	Helix, tragus, eyebrow, navel, lip
14g	1.6 mm	0.063"	Navel, tongue, septum, nipple, industrial
12g	2.0 mm	0.079"	Stretched lobes, some nipple and septum
10g	2.4 mm	0.094"	Stretched lobes
8g	3.2 mm	0.125"	Stretched lobes
6g	4.0 mm	0.157"	Stretched lobes
4g	5.0 mm	0.197"	Stretched lobes
2g	6.0 mm	0.236"	Stretched lobes
0g	8.0 mm	0.315"	Stretched lobes
00g	10 mm	0.394"	Stretched lobes
7/16"	11 mm	0.438"	Stretched lobes
1/2"	12.7 mm	0.500"	Stretched lobes
9/16"	14 mm	0.563"	Stretched lobes
5/8"	16 mm	0.625"	Stretched lobes
3/4"	19 mm	0.750"	Stretched lobes
7/8"	22 mm	0.875"	Stretched lobes
1"	25 mm	1.000"	Stretched lobes

STRETCHING SAFELY

Rule	Why
Wait at least 6 to 8 weeks between sizes	Tissue needs time to rebuild between stretches. Longer is better at larger sizes.
Go one size at a time	Skipping sizes is the most common cause of tearing and blowouts.
Never force it	If it hurts or bleeds, you have gone too far or too fast. Drop back a size and wait.

Rule	Why
Only stretch a fully healed piercing	A fresh or irritated piercing will not stretch cleanly.
Use implant-grade material	ASTM F-136 titanium, implant-grade steel, niobium, glass or solid 14k+ gold. No acrylic or silicone for stretching.
Moisturise and massage	Keeps tissue supple; jojoba or vitamin E oil is commonly used.

> **The point of no return**
> Lobes generally shrink back from sizes up to around 0g to 00g, though this varies between people. Beyond that, closure usually requires surgical repair. Make the decision at 2g knowing that.

Signs to stop and seek advice

- [ ] Pain during or after stretching
- [ ] Bleeding or tearing
- [ ] A blowout - tissue pushed out the back
- [ ] Thinning at any point around the ring
- [ ] Persistent redness, heat or discharge
- [ ] A bad smell

CLIENT RECORD

Date	Placement	Size from	Size to	Material	Piercer

Aftercare given, client questions, and next appointment

Sources: General-purpose chart. Sizes follow standard body jewellery conventions; always measure jewellery rather than assuming. · For piercing after a complication, or any sign of infection, refer the client to a medical professional.