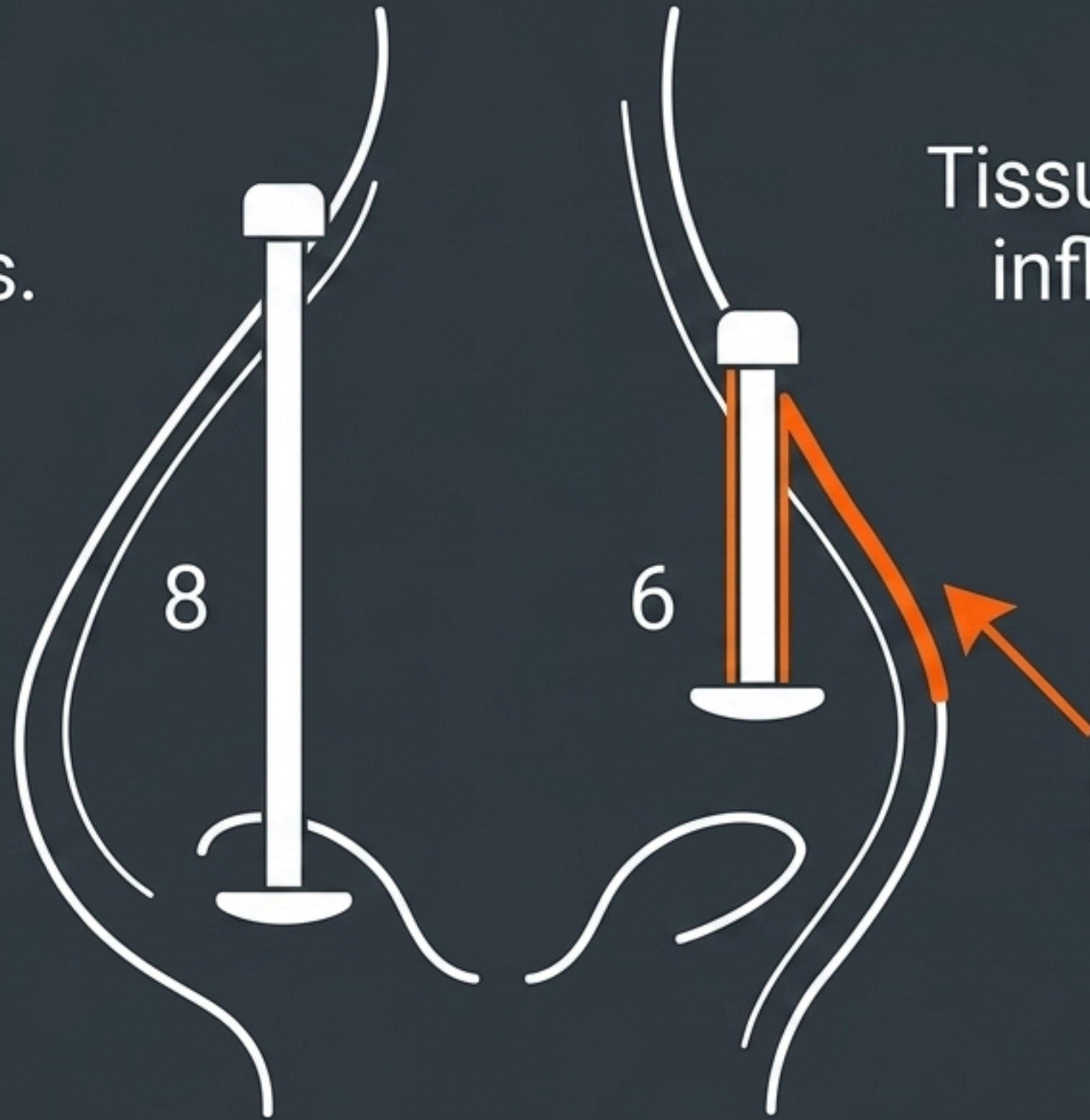


Initial nostril posts
require 8 millimeters.

Downsize posts to
6 millimeters later.



Tissue settles after the
inflammatory phase.

Long posts cause
destructive
leverage trauma.

Keeping a long post in a healed piercing causes chronic mechanical irritation.

Downsizing is a mandatory step.