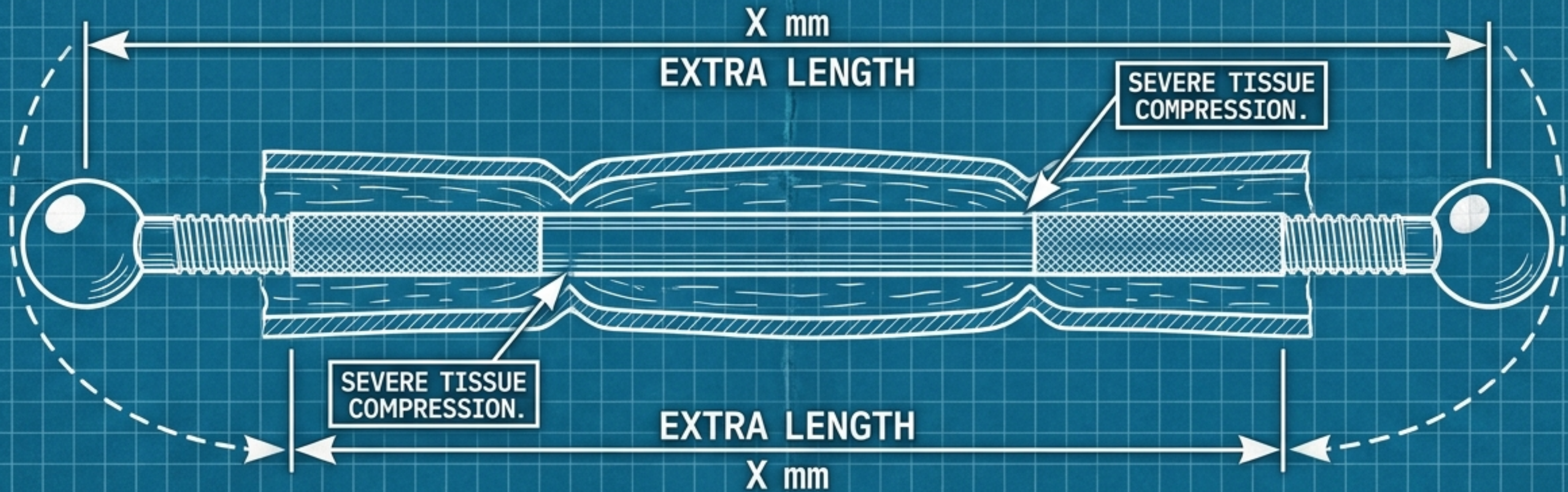


Swelling subsides in 4 to 6 weeks.
Excess bar length creates a lever.
Motion aggravates the sensitive exit hole.
Downsize barbell to fit tissue perfectly.



A longer barbell accommodates initial swelling but causes chronic friction later.
PROMPT DOWNSIZING PREVENTS MOST MECHANICAL BUMPS.