

Bastard Child Suspensions

First Timer Hook Suspension Info Sheet and FAQ

The day before your suspension:

Drink lots of water, get lots of sleep, eat healthy meals, take 5HTP. Do NOT get drunk.

The day of your suspension:

Eat a well-balanced, not too heavy meal about an hour before leaving for your suspension, drink water, take another 5HTP.

Bring with you:

Robe for immediately after the suspension. This will likely get blood on it

Comfortable change of clothes for after your suspension

Bag/tote for any clothing or other items that have blood on them.

Another person to be your ears and driver (you CAN drive after your suspension, but we really prefer someone else to drive you after your first suspension).

Water bottle and small snack (you may likely be famished when you come down)

The day after your suspension:

Remove the bandages in the shower, replace with new ones if needed. If the wounds are not actively bleeding you can skip the new bandages

Take another 5HTP as well as Ibuprofen for any soreness or pain – you may feel like you got hit by a car. This is normal.

Things to report:

Any nerve issues – numbness, tingling, burning, pinching, etc

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FAQ:

Will it hurt?

Yes. We are going to stab you and hang you from fish hooks.

When will it stop hurting?

For most people, it won't. However, the pain will become easier to manage the longer you are up, and it will eventually start to even feel cool - thanks brain chems!. We strongly encourage that you give yourself at least 90 seconds once you are off the ground to let your brain dump your feel good chemicals.

What's the worst part?

It's different for everyone, but a lot of people say its the "burning in" - the first few minutes when we put tension on the line and start to pull on the hooks. Once you're "burned in," most people feel more comfortable in the hooks

How long will I be up?

As long as you want! If you're up for 10 seconds or an hour, it's up to you and what you need out of your suspension. There is no prize for staying up longer than anyone else. Sometimes we get what we need within the first few minutes, and thats perfectly fine. THis is your suspension, take as little or as long as you need.

Can the hooks tear out?

For a first time suspension, we use hooks called Gilson hooks. This, the location of the piercing (your shoulder/back area) and the type of suspension (2 point back) all together make it very unlikely that the hooks will tear out during your first suspension. It is possible for hooks to tear out in other suspensions, but as practitioners we do everything possible to prevent that, including calling off a suspension if we don't like the look of a hook. During your entire suspension we will be watching the hooks and your skin to make sure everything looks exactly the way we want it to.

Am I too big?

Absolutely not. We can hang anyone, of anyone size.

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How much will I bleed?

This depends on how hydrated you are, and you personally. Some people bleed a lot, some people don't bleed very much at all. We will get you all bandaged up before you leave, and we will send you home with additional bandages in case you need them.

Is there any risk of nerve damage or other permanent injuries?

There is always risk of nerve damage when you are piercing through the skin, but this is incredibly rare. If you notice ANY thing that feels unusual, let us know immediately. This includes but is not limited to burning, pulling, pinching, numbness or tingling.

Will there be scarring?

Yes, you will have 2 small crescent moon shaped scars for each hook you take - one for the entry hole and one for the exit hole. These will heal just like any other scars, and can be minimized with vitamin e oil.

How long will the wounds take to heal?

This is dependent on you and your body, but usually within a couple weeks

How will I feel afterwards?

You may experience what is called "hook drop." This is similar to any other event in which your dopamine, serotonin and endorphins have spiked, such as sub drop or molly drop. You may feel emotional or sensitive. This is completely normal. Some people experience hook drop as early as the same night of their suspension, for some it may take a day or two to set in. Follow the same aftercare routine you would after kink or molly. If you do not have experience with this, I suggest having something snuggly like a blanket or soft robe, some chocolate (chocolate specifically helps with the drop), plenty of water, and taking some 5htp in the few days following your suspension. **DO NOT MAKE ANY MAJOR LIFE DECISIONS IN THE WEEK FOLLOWING YOUR SUSPENSION.** It is very common to come to a sudden realization or have a breakthrough on something following your suspension. Journal, or process with your close ones but do not make major decisions for a week after your suspension. Lastly, always feel free to reach out to any of the BCS crew with questions or concerns - anything at all. We're a family and we're here to help and support you.

HAPPY HANGING!