



Ear Piercing- After Care Instructions

It is important to follow the aftercare instructions recommended by your provider.

The healing process for pierced ears is usually around 6 months with most of it happening in the first 6-8 weeks. During the first 24 hours pain, redness and swelling are NOT normal. Please call the office at (301)694-0606 if any of these occur.

During the first 6 weeks:

- Always wash your hands before touching your ears!
- Twice daily, gently clean the earlobes, front and back, with a sterile saline solution. Apply sterile saline solution liberally to a Q-tip and apply to the front and back of the ear. Gently rock the earrings back and forth while cleaning. You may use an antibiotic ointment front and back to reduce the chance of infection.
- Each time you clean the earrings, turn them gently several times. This is important for healing properly so the earring does not become stuck in the hole.
- Hair may be washed normally. Be sure soap/shampoo is rinsed completely from the ears and dry carefully. Cover ears when using spray perfume or hairspray.
- Take extra care when removing clothing over your head to prevent the earrings from getting caught.
- Leave the training studs in for 6 weeks, even at night!

After the first 6 weeks, other post earrings may be worn. Carefully remove the earrings, preferably after a shower or bath:

- Wash your hands
- With one hand, take hold of the jewelry part of the earring
- With the other hand, gently wiggle the back until it loosens.
- Take the earring out of the earlobe.
- Replace with other post earrings made of $\geq 18k$ gold, surgical stainless steel, titanium, or platinum.
- No heavy earrings should be worn for at least 4-6 MONTHS after healing time.

After the first 6 weeks and for the first 6 months, do not go longer than 24 hours without earrings in place, otherwise the holes may begin to close.

While your piercings are new, the holes are slightly larger than they will be after healing. Do not allow the backing to get pulled into the earlobe.

Persistent pain and persistent bleeding (beyond minimal oozing, redness, swelling) is not a normal result of ear piercing. This could indicate an infection. If this happens, you should immediately remove the earrings and call the office to schedule an appointment.