

# EAR PIERCING AFTERCARE

## GENERAL INSTRUCTIONS

- 1. Always wear earrings 24 hours a day during the first year after ear piercing.** If you go without earrings in place the first year, the holes may shrink and grow back together.
- 2.** Make sure your pierced ears and the surrounding areas are always kept clean, dry and airy.
- 3. Avoid touching your ears with unclean hands.**
- 4.** Never twist the earrings.
- 5.** Cover your ears when you are applying hair spray, spray perfume or hair dye.
- 6.** Take extra care when putting clothes on over your head or removing them, and also when brushing or combing your hair. Earrings can get caught and be accidentally pulled out.
- 7.** Make sure backings are in place twice a day, especially when children are playing and pulling on them. Replacement of earrings, earring backs and re-piercing of ears because of earring loss or removal after 6 weeks will be an additional \$49 charge per ear.

## EARRING REMOVAL

Your earrings should be replaced after 6 weeks. Starter earrings, that were used to pierce the ears, should not be reused. Replace your old earring set with a new set. Avoid costume jewelry. We recommend earrings that are composed of sterling silver, titanium or gold to prevent allergies and skin irritation. After the healing period, there is still a risk of developing an allergy if you use inappropriate earrings.

### **Before removing earrings, wash your hands.**

We've found that it's most comfortable to remove the earrings following a bath or shower.



**To remove the earring:** Take hold of the front of the jewelry part with one hand and wiggle the butterfly plastic backing off with the other. Wash the front and back of the earlobe after removal.

## CLEANING YOUR NEWLY PIERCED EARS

Wash thoroughly on both sides of the piercing twice a day for the first six weeks, and then once a day for the rest of the first year.

Use unscented liquid soap [Cetaphil skin cleanser], then rinse with water.



## ACTIVITIES TO AVOID

Avoid swimming in a lake or swimming pool for two days following initial ear piercing. If you play a sport, check the rules. Often they do not allow jewelry.



## COMPLICATIONS

Contact us if you notice that the earlobe is swollen, red, warm to touch, painful or developing of crusting or drainage. All may be a sign of a skin infection.