



EAR PIERCING

AFTERCARE INSTRUCTONS

The healing process for pierced ears is usually around 6 months with most of it happening in the first 6 weeks.

During the first 24 hours pain, redness and swelling are NOT normal. Please call the office 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 rubbing alcohol. Apply rubbing alcohol liberally to a Q-tip and apply to the front and back off 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.

Leave the training studs in for **6 weeks**, even at night!

After the first 6 weeks, other post earrings may be worn. Posts should be made of 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 will 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 and 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 our office to schedule an appointment.

