

# THE CHILDREN'S CLINIC

## Ear piercing aftercare instructions

1. Never touch your ears with unclean hands
2. Wash your newly pierced ears on both sides thoroughly twice a day. Do not remove the earrings when cleansing.
  - Cleanse with liquid soap and rinse thoroughly with clean running water. Dry with a tissue or Q-Tip
  - Supplementary cleansing is done with sterile saline wipes or sterile saline wash (available at most pharmacies as "Saline Wound Wash") which can be used to clean between your ear and the back. Allow to air dry after use. Use a new clean wipe for each ear each time you cleanse
  - Do not use alcohol
3. Make sure the the area around the holes is kept clean, dry, and airy at all times
4. Cover your ears when applying makeup, hair spray, spray perfume, hair-dye, etc
5. Take extra care when you are putting on or off clothing over your head.
6. Cover earrings with a bandage while playing contact sports
7. Wait for as long as possible after the piercing before swimming in a swimming pool, lake, sea, or any other body of water. Avoid keeping your head under water. After exiting the water, cleanse with liquid soap and rinse with clean running water or use aftercare wipes
8. After 6 weeks, remove the ear piercing earrings, discard, and wear new earrings. Wash your hands and ears thoroughly. With one hand take hold of the jewelry part (front) of the earring. With the other hand, wriggle the earring back back-and-forth until you feel it loosen. Carefully remove the ear piercing earrings and put in new, clean earrings
9. We recommend using implant grade titanium or implant grade steel earrings
10. It takes up to a year before the piercing holes are completely healed. Hence, consider the following:
  - Always wear earrings. If you go without, the holes can shrink and/or close completely
  - Take extra care when changing earrings. The skin that has grown within the holes is still thin and delicate and can easily tear, which may cause an infection. Therefore, always make sure to wash your earrings and your hands before the change and make sure that the area around the holes is kept clean, dry, and aired out. If you use earrings with earring backs, these should not be pressed tightly against the back of the ear as this can increase the risk of embedding
  - The risk for developing a contact allergy is at its greatest during the first year. This is why it is extra important to wear safe earrings during this time.
  - Blomdahl recommends wearing pendant earrings during the first year
  - Carry on cleansing and regularly check your ear piercings during the entire first year
11. Redness, swelling, pain, or rashes may indicate an infection: remove the ear piercing earring and cleanse. If there is no improvement the following day, contact your PCP.