

EAR PIERCING AFTERCARE

HEALING TAKES 6-8 WEEKS FOR EAR PIERCING.

USE ONE OR BOTH OF THE FOLLOWING SOLUTIONS FOR AFTER PIERCING CARE:

- Packaged after piercing ear care antiseptic solution
- Packaged sterile saline WITH NO ADDITIVES

HOW TO CLEAN YOUR PIERCING

- Wash your hands thoroughly prior to cleaning or touching your piercing for any reason.
- Clean with after ear care antiseptic solution, following the product instructions.
- Saline soak for 5 to 10 minutes at least once per day.

WHAT IS NORMAL

- **Initially:** some bleeding, localized swelling, tenderness, or bruising
- **During healing:** some discoloration, itching, secretion of a whitish-yellow fluid (not pus) that will form some crust on the jewelry. The tissue may tighten around the jewelry as it heals.
- **Once healed:** the jewelry may not move freely in the piercing; **do not** force it.
- A piercing may seem healed before the healing process is complete. Be patient and keep cleaning throughout the entire healing period.

WHAT TO DO

- Leave it alone except when cleaning. During healing, it is not necessary to rotate your jewelry.
- Stay healthy; the healthier your lifestyle, the easier it will be for your piercing to heal.
- Make sure your bedding is washed and changed regularly.
- Showers tend to be safer than taking baths, as bathtubs can harbor bacteria. If you bathe in a tub, clean your piercing well before each use and rinse off your piercing when you get out.
- Should you decide you no longer want the piercing, simply remove the jewelry and continue cleaning the piercing until the hole closes.

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WHAT TO AVOID

- Avoid picking away dried discharge with your fingers.
- Avoid cleaning with Betadine®, Hibiclens®, alcohol, hydrogen peroxide, Dial®, or other soaps containing triclosan.
- Avoid ointments as they prevent necessary air circulation.
- Avoid over-cleaning. This can delay your healing and irritate your piercing.
- Avoid friction from clothing, rough play, playing with the jewelry, and vigorous cleaning.
- Avoid swimming in lakes, pools, hot tubs, etc. for 6-8 weeks.
- Avoid all beauty and personal care products on or around the piercing including cosmetics, lotions, and sprays, etc.

VISIT A DOCTOR IMMEDIATELY IF YOU

- Experience rashes, severe redness, swelling, or pain from the piercing
- Have a large amount of discharge that is thick, green, yellow, or gray and smells bad
- Have red streaks coming from the piercing site
- Have symptoms that last for a week or get worse, experience fever, chills, nausea, vomiting, dizziness, or disorientation

Even healed piercings can shrink or close in minutes after having been there for years. This varies from person to person. If you like your piercing, keep jewelry in – do not leave it empty.