Aftercare Instructions for Ear Piercing

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

During the first 24 hours, pain, redness and swelling are NOT normal. Please call the office right away if this happens.

During the first 6 weeks:

- Always wash your hands prior to touching your ears.
- Twice daily, turn your earrings completely around to prevent them from adhering to the ear.
- Cleanse the front and back of your ears 3 times a day with provided cleansing solution. Apply liberally to a clean Q-tip and apply to the front and back of your ear. Gently slide earring back and forth to make sure antiseptic will go inside the piercing.
- Keep the pierced area clean and dry, and consider extra cleaning especially after swimming, showering, using hair products, spraying perfume, or after exercise.
- Be careful when removing clothing or brushing hair so the earrings do not get caught. Consider covering earrings with band aids during sports or rough play.
- Do not remove the earrings for at least 6 weeks, but after 6 weeks you should switch earrings to new earrings with a thinner post.

After the first 6 weeks and for the first 6 months, do not go longer than 24 hrs without earrings to prevent the skin from closing up.

After the first 24 hours, if you earlobes get red, painful or swollen, loosen up the backings a bit, cleanse your earlobes 3 times a day, and wait 24 hours. If they have not improved, or worsen at any time, please call our office.

**How to remove the plastic butterfly:**

- Wash your ear and hands. With one hand take hold of the front of the earring. With the other hand wiggle the butterfly until you feel that the butterfly loosens. Repeat this in the opposite direction and the butterfly will loosen with ease.