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## EAR PIERCING: CARE INSTRUCTIONS

- Clean your piercing until it is fully healed, which can take 6-8 weeks
- Clean your hands and then apply sterile saline or hydrogen peroxide to non-woven sterile gauze and use it as a gentle compress for 5 minutes morning and evening.
- After cleansing AM + PM, rotate earrings
- Moisture can cause irritation. Dry well afterward using a clean paper towel or using the cold setting on a hairdryer.
- Wait at least 6-8 weeks before changing out earrings.

### AFTER CARE TIPS

- Be careful not to aggravate your new piercing. This includes washing and styling your hair, putting on or removing clothing, and sleeping on your fresh piercing.
- Expect build-up/ “crusties” on the piercing, use warm water on a paper towel or non-woven gauze to loosen and clean. Do not pull or pick off the matter.
- Do not remove your jewelry during its healing time as it will begin to close immediately.
- Wash your hands well before touching your piercing; the piercing is an open wound so bacteria on your hands can be introduced.

### STAGES OF HEALING

- Just Pierced - At the beginning of your healing, your piercing will feel tender and may appear swollen.
- Healing - Once the initial discomfort has settled, your piercing will begin to heal from the inside out. During this phase, you should still be careful with your piercing and continue your aftercare. You may still experience occasional discharge and tenderness.
- Healed - A lobe piercing is considered healed 6-8 weeks after piercing and when the discharge you've been cleaning off completely ends and the jewelry feels natural without any discomfort.

### SIGNS OF INFECTION

Call the office if you are experiencing:

- Yellow, pus-like discharge
- Swelling that is increasing over time
- Ongoing pain and tenderness
- Itching and burning

*If you have any questions or concerns, please call the office at: (203) 635-0770*