

EAR PIERCING AFTER CARE INSTRUCTIONS

Congratulations on your new ear piercings! In order to keep your ears healthy, we recommend the following care:

1. Never touch ears with unclean hands.
2. Wash ear piercings on both sides of the earring twice daily either with rubbing alcohol or water and a gentle soap. Dry with a Kleenex or Q-tip. The piercing earrings are meant to be extra long to promote air flow and healing. The plastic piercing earrings do not need to be rotated to prevent adherence to skin.
3. Take care when removing clothing over your head to not catch the earrings.
4. Avoid swimming in a pool, lake or ocean for 2-3 weeks as this can increase risk of infection. If you do go swimming, try not to submerge the piercings and make sure to clean them thoroughly afterwards.
5. After 6 weeks, the piercing studs can be removed. Wash hands and ears thoroughly, wiggle earring back from side to side gently until it loosens and then slide earring out. We recommend replacement with a hypoallergenic, post-style earring.
6. It can take up to a year before the holes are completely healed. Always wear earrings as if you go without the holds can shrink or completely close. Do not place the earring back on too tightly as it can become embedded in the skin of the back of the ear.

If you have any concerns about infection due to redness, swelling, pain or drainage from the piercing site, please call the office at 708-383-2900 during regular office hours and ask to speak with a nurse about your concerns.