



## AFTERCARE INSTRUCTIONS

*Keep this safe until your piercing is completely healed!*

### LOBE

An ear lobe piercing usually heals in the first 8 weeks after the piercing, but it can take up to 3 months to completely heal, *so don't stop caring for it when it appears to be healed.*

### CARTILAGE

Piercing through this connective tissue takes 3-6 months, minimum, *so don't stop caring for it when it appears to be healed.* Look out for signs of irritation at around 4 weeks (redness, swelling, bubbles around site, etc.)

### CLEANING PROCESS

- ❖ Always **wash your hands** with soap and water prior to touching pierced ears.
- ❖ **Twice daily, flush** the area around the front and back of the piercing with supplied saline dropper. You may drop some saline on a Q-Tip as well for gentle cleaning.
- ❖ **Saline soaks** are a great way to give your piercing a more thorough, anti-inflammatory cleaning. Hold a cotton pad or paper towel soaked in saline for 3-5 minutes up to the ear.
  - You may do one of your cleanings in the shower or while washing your face. Suds up some non-irritating/no-fragrance soap and light wash around the piercing. Use water to wash off, avoiding direct water pressure.
  - If you run out of normal saline (0.9%), you can pick some up at your local pharmacy for a low price.
  - *Pro tip:* normal saline is a great, non irritating way to cleanse wounds and sensitive areas on the skin including the eyes and mouth. Keep this liquid gold handy!
- ❖ After cleansing, **DRY** with a clean q tip, a folded paper towel, or use a blow dryer on low-cool. Moisture=Bacteria!
- ❖ **Avoid scraping any crust/scabs** while cleaning. We don't want to cause bleeding or irritation (soaking with saline will soften any crusting that is ready to be cleaned).
- ❖ **Avoid twisting** and turning the jewelry
- ❖ **Avoid solutions and medications** not mentioned (ie: rubbing alcohol, neosporin) . It is no longer the standard of practice!
- ❖ Avoid banging the earring post-it will increase healing time and it hurts!
- ❖ **Pool/Ocean/Hot Tube/Bath:** soaking the ear in unsanitary water can cause irritation and infection! Avoid going in the water for AT LEAST 72 hours after piercing. Bring saline and q tips to clean and dry immediately after until healing is complete.
  - You can cover the piercing with a clear band aid (ie: *Tegaderm*) while swimming to limit the effects of soaking in unsanitary conditions
- ❖ **My earring fell out! What should I do?** Please understand, while we source our jewelry from the most qualified manufacturers in the industry and test all the jewelry for security, it is always a possibility for jewelry to come open.. To avoid this from happening, check your earrings once a week for security. Remember, **RIGHTY, TIGHTY, LEFTY, LOOSEY!**

- *post back*: If the earring is still in the ear but the backing fell off, clean any backing you might have in rubbing alcohol or antibacterial soap and temporarily place it on the earring to avoid it falling out. Then give us a call!
- *flat back*: replace with a cleaned earring of your own and call us for a replacement screw top at a discounted price. Then give us a call!
- *my earring is missing*: replace with a cleaned earring of your own and call us for a replacement at a discounted price.

**Normal signs of healing**: slight crusting, slight swelling and redness, tenderness, pain after trauma to the piercing, pain when lying on your pierced ear.

**Abnormal signs to look out for**: marks on the skin indicating the fit is too snug, excessive bleeding, redness, swelling that fills the entire earring post, hard lumps of scar tissue, foul odor, and white/yellow/green discharge.

- ❖ *Piercing bubble*: a bubble formation at the jewelry access site at 1-2 months indicating excess irritation from trauma, movement of jewelry, or friction from jewelry and a stall in the healing process. Unlike infections or keloid formation, these bumps are usually soft with clear or bloody drainage with reddish appearance and slight tenderness.
  - Saline soaks: saturate a gauze pad or fresh paper towel with saline and hold for 3-5 minutes, 2 times a day for one week.
  - Piercing disc: this clear disc sits on top of the bubble putting pressure at the point of insertion
  - Jewelry exchange: if the bump is caused by friction of the jewelry itself, we can help you exchange for a more suitable earring based on your anatomy.
- ❖ If you have any aftercare questions or concerns, text or email JILLIAN, RN with pictures so she can assess and offer advice! For in person follow-up, we charge a \$35 consultation fee.
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