

CENTENNIAL PEDIATRICS

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EAR PIERCING AFTERCARE INSTRUCTIONS

Ear piercing usually heals in the first 6 weeks after the piercing, but it can take up to 6 months to completely heal.

During the first 6 weeks:

- Always wash your hands with soap and water prior to touching the pierced ears.
- Cleanse the area using the provided saline solution at least 3 to 4 times a day, especially in the first week after the piercing. Make sure one of the cleanings is done after showering or washing your hair
- Twice a day, turn your earrings completely around to prevent scar tissue from forming over 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 to prevent the earrings from being pulled off the ear. Consider covering the earrings with band aids during sports or rough play.
- Do not remove the earrings for at least 6 weeks.

After the initial piercing earrings have been removed, do not go longer than *24 hours* without earrings to prevent closing of the piercing in the first 6 months.

*If you notice **red, painful or swollen earlobes** after the first 24 hours:*

- Gently loosen the earring backings and cleanse the area with saline solution at least 3 to 4 times a day.
- If these symptoms persist, then call our office for an appointment.

If you notice in the first week that your child has:

- **Pain, Redness, Swelling or Pus Drainage from the piercing** – these can be signs of **INFECTION**
- **Contact our office for a follow-up appointment**