

# CENTENNIAL PEDIATRICS

Chad D. Guetersloh, MD · Christopher “Kit” Newton, MD, PhD · Richard C. Nail, MD  
· Susan Weiser Crow, MD · Laura McClendon, MD  
Erin Bridgewater, MD · Leslie Katz Lestz, MD  
Deborah Arnold Smith, CPNP · Thomas Atkins, CPNP

5560 Independence Parkway · Frisco, Texas 75035  
2701 Little Elm Parkway, Suite 115 · Little Elm, Texas 75068  
214.389.8801 *phone* 214.389.8802 *fax*

## 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**