



Lindsey Pennington, MD
F A C I A L P L A S T I C S

Ear Piercing After Care Instructions:

The healing process for pierced ears is usually around 6 months, with most of it occurring in the first 6 weeks.

During the first 24 hours: pain, redness and swelling are all normal right after getting ears pierced and this should all subside within the next couple of days.

During the first 6 weeks:

- Always wash your hands prior to touching your ears.
- Twice daily, turn your earrings completely around to prevent them from adhering to the ear.
- Cleanse the area twice daily with rubbing alcohol and then apply A&D ointment. Apply one of these liberally to a clean Q-tip and apply to the front and back of your ear. Make sure one of the cleanings is done after showering or washing your hair.
- 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 so the earrings do not get caught. Consider covering earrings with band aids during sports or rough play.
- Do not remove the earrings for at least 6 weeks.

After the first 6 weeks and for the first 6 months, do not go longer than 24 hrs. without earrings to prevent the skin from closing.

After the first 24 hours, if your earlobes get red, painful or swollen, loosen up the backings a bit, cleanse your earlobes 3 times a day and wait 24 hours. If they have not improved or worsen at any time, please call our office at 318-216-5366.