

# Ear Piercing Post-Operative Instructions

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## What supplies do I need to buy before the procedure?

- Q-tips®
- Hydrogen Peroxide 3%

## Aftercare instructions during the first 6 weeks:

- During the first 24 hours, pain, redness and swelling are **not** normal. Please call the office right away if this happens.
- After the first 24 hours, if your earlobes get red, painful or swollen do the following:
  - Loosen up the backings a bit, cleanse your earlobes 3 times a day, and wait 24 hours. If these symptoms worsen or have not improved, or if you develop a fever over 101 degrees Fahrenheit please call our office.
- Always wash your hands with soap and water before touching your ears.
- Twice daily, spin your earrings completely around to prevent them from sticking to the ear.
- Cleanse the front and back of your ear 3 times a day with hydrogen peroxide. Use a clean Q-tip and apply to the front and back of your ear. Gently slide earring back and forth to make sure antiseptic will go inside the piercing.

## Additional information:

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

- 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 6 weeks, switch to new earrings with a thinner post.
- Do not go longer than 24 hours without earrings for the first 6 months, this will prevent the skin from closing up.

### **When should I call my doctor?**

**Call your doctor if you notice any of the symptoms below:**

- Increased swelling or bruising.
- Worsening swelling and redness that persist after a few days.
- Increased redness along the incision.
- Severe or increased pain not relieved by medication.
- Any side effects to medications including;
  - Rash
  - Vomiting
  - Nausea
  - Diarrhea
  - Headache
- Oral temperature over 101 degrees.
- Yellowish or greenish liquid from the incisions or notice a foul odor.
- Bleeding from the incisions that is difficult to control with light pressure.
- Loss of feeling or motion.

**In the event of life-threatening bleeding call 911 or go to the emergency department.**

### **What is the contact information?**

- Monday - Friday, 9:00am - 5:00pm:
  - Call: (734) 432-7634
- After hours and on weekends:

- Call Hospital Paging at (734) 936-6267 and ask for the ENT Doctor on call.

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