



PEDIATRICS AND LACTATION, PLLC

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Aftercare Instructions*

Wash your hands

It is important to do everything possible to prevent dirt and bacteria from getting into your new piercing. Therefore, make sure that you don't touch your newly pierced ears without first washing your hands.

Cleanse the ear

Cleanse the new piercing in your ear thoroughly in front and in back, morning and evening. Keep the earrings in your ear, even during cleansing.

Use a liquid soap and we recommend that you cleanse the piercing while showering/washing your hair. Rinse thoroughly with running water and dry the area with a clean tissue or Q-tip.

For cleansing at other times, use Blomdahl Piercing Aftercare cleansing swabs, which are gentle to the skin. You can use them to cleanse between the ear and the earring/earring back. Allow to air dry. Use a new cleansing swab for the other ear, as well as new swabs the next time you cleanse the piercings. Note! Do not cleanse using alcohol.

Important to keep in mind:

There are some things to keep in mind and which help ensure that the healing process goes as smoothly as possible.

Clean, dry and airy

Make sure that you always keep your new piercing clean, dry and airy.

Cover your ears

When using hairspray, perfume, makeup, hair dyes, etc., it is a good idea to cover and protect your ears.

Avoid getting snagged

Be extra careful when pulling clothes over your head so that the earrings do not snag and get caught in the clothing.

Swimming

When swimming in a pool, lake or the sea: Wait with this as long as possible, or avoid dunking your head under the water. After swimming, cleanse the piercing using a liquid soap or Blomdahl Piercing Aftercare cleansing swabs.

Changing earrings

After about 6 weeks (about 12 weeks for cartilage), you can switch to other earrings. Here is how to remove the piercing earrings. Wash your hands and ears carefully. We suggest that you switch to other earrings immediately after showering/washing your hair. Grasp the earring on the front side of the lobe. Use your other hand to grasp the earring back, on the back side of the lobe. Then, firmly wiggle the earring back, back and forth until it comes off. Carefully remove the post earring and put in a clean, new earring.

The piercing will still be healing throughout the first year!

It takes up to a year before the piercing is fully healed, so make sure to keep the following in mind:

- Always wear earrings. Otherwise, the hole can shrink and/or close up again.
- Be careful when switching earrings. Because the skin that has formed inside the hole is thin and delicate, it is also easily damaged and at risk for infection. Therefore, clean the earrings and your hands before you put the new pair in. Also, make sure to still keep the piercing clean, dry and airy. If you use earrings with an earring back, you should not squeeze it tightly against the back of the lobe.
- An ear piercing makes the skin extra sensitive and the risk of developing an allergy is greatest during the first year. That is why you need to be extra careful with your choice of earrings. Blomdahl has developed jewellery in consultation with skin specialists that is proven to be gentle to the skin and suitable for anyone, particularly those who have only recently had their ears pierced.

Important!

Any of the following could be an indication of infection: redness, swelling, pain or rash. If you have had your earlobe pierced, take out the earring and cleanse your ear. If it is not better when you wake up the next day, consult with a doctor. If you have had the cartilage in your ear pierced, take out the earring, cleanse, and consult with a doctor immediately.

* Instructions per Blomdahl Website

Dr. Rubin's Additional Advice

An alternative for cleaning is saline wipes that you can buy yourself, or a saline spray (one made for piercings or a clean and unused nasal saline spray bottle). Use as above, twice/day at least for 6 weeks or preferably until you remove the piercing studs.

She also recommends waiting a full 10 weeks before taking out the studs to ensure the holes do not close up. You may want to continue to sleep with the piercing studs or put them in as back-ups so as not to go too long without an earring in over the first year after the piercing.

Enjoy your newly pierced ears!!!