



AMY BASS

Family Medicine
Wound Care

How to Care for New Piercings



1. Always wash your hands with soap and warm water before touching your ears or earrings.

If you touch your new piercing with dirty hands that haven't recently been washed, germs will transfer and could lead to an infection.

2. Clean with saline solution.

Use the saline solution provided by your piercer three times a day for six weeks for an earlobe piercing. After the healing period has ended, it is recommended that you continue using your ear care solution as needed to keep your new piercing and earrings clean.

3. Avoid harsh cleansers.

Avoid cleaning your piercing with hydrogen peroxide or antibacterial soaps, which can damage your healing skin.

4. Don't touch.

Avoid touching the new piercings, except when cleaning them.

Moving or rotating jewelry is unnecessary during cleaning/rinsing and may irritate the piercing.

Leave jewelry in your ears at all times. Even well-healed piercings can shrink or close in minutes! If removed, reinsertion can be difficult or impossible.

5. Try to keep your hair away from your new piercings.

To prevent bacteria from transferring from your hair to your new piercings, try braiding, using a hair tie or wearing a headband to pull your hair back at night for at least the first month.

Having hair pulled away from piercings will also keep hair from getting caught on your earrings. Ouch!

6. Use petroleum jelly as needed.

Using the squeeze tube variety to prevent contamination, gently apply a thin coat of petroleum jelly around each opening. This will keep the piercings moist and less painful.

7. Avoid swimming until piercings are fully healed.

While healing, stay out of pools, hot tubs, lakes, and oceans because this could increase the risk of infection.

8. Don't remove earrings too early.

Leave earrings in for eight weeks, giving your ears time to heal.

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