



EAR PIERCING AFTER CARE INSTRUCTIONS

- Do not remove the “starter” earrings for eight weeks from the date of insertion.
- After cleaning your hands, cleanse the front and back of the ear at least once daily with rubbing alcohol and inspect each ear for signs of infection (including but not limited to):
 - Redness around the piercing or of ear.
 - Swelling around the piercing or of ear.
 - Drainage from the piercing.
 - Severe pain near the piercing or of the ear.
- After cleaning your hands, “spin” or “twist” the earrings daily and ensure that the clutch backs are not too close to the ear.
- After eight weeks, “starter” earrings should be removed and replaced with real gold or silver earrings only. Discard the “starter” earrings safely.
- Please contact South River Pediatrics immediately if persistent bleeding or pain occurs after piercing or any sign of infection is acknowledged.

AFTER CARE CLEANING CALENDAR

This after care calendar will help you track the care of your newly pierced ears and ensure you are cleaning appropriately. Remember to clean your piercing once daily with rubbing alcohol. Begin by marking off the day your ears were pierced on the “START” week and continue marking off each day after you clean and inspect your ears, as well as “spin” or “twist” the earrings for 8 weeks.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
START							
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8							