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Medical Ear Piercing Aftercare Instructions

Please follow these steps to ensure proper healing following ear piercing:

1. Wash hands thoroughly prior to touching ears.
2. Rotate each earring gently at least twice a day to prevent earrings from adhering to the ears.
3. Use a cleansing aftercare wipe or solution to clean the ear around the earring. Gently push the earring forward and backwards with the wipe or solution (on a cotton swab) between the earring and the ear.
4. Do NOT remove the earrings for at least 8 weeks. After 8 weeks, you can change the earrings but should keep a set of earrings in until your ear completely heals (around 10-12 months). They may close in as little as one hour if left out of the ear.
5. Take extra caution to ensure that earrings don't get caught when you are brushing your hair or putting clothes on over your head. Be careful when exercising or playing sports.
 - a. The first two weeks after getting your ears pierced are when you are at the highest risk for infection. During this time, we recommend these precautions with swimming:
 - i. Swimming in lakes or ponds is strongly discouraged due to the high levels of bacteria in the water
 - ii. Pools have less risk because they are chlorinated but ears should be cleaned after exiting the pool
 - iii. Swimming in the ocean has the least risk due to the high salt content of the water