Studio name _____

# Ear piercing aftercare instructions

## Caring for your child's new ear piercing

Spray the front and back of each piercing with sterile saline wound wash while it heals, and keep little hands off. The full steps are below.

These steps follow the Association of Professional Piercers (APP). Your piercer's instructions come first.

## Cleaning

- Wash your hands before you touch the piercing.
- Rinse with sterile saline wound wash. The label should list 0.9% sodium chloride as the only ingredient.
- Don't use home-mixed sea salt, contact lens saline, eye drops or nasal spray.
- Pat it dry with clean, disposable gauze or a paper towel. Cloth towels can snag the jewelry.
- You don't need to turn or move the jewelry while cleaning.

## What to avoid

- Alcohol, hydrogen peroxide, antibacterial soaps, iodine and other harsh products.
- Ointments, and products with benzalkonium chloride (BZK), such as some ear care solutions.
- Cleaning too often, playing with the jewelry, and friction from clothing.
- Makeup, lotions and sprays on or near the piercing.
- Baths, pools, hot tubs, lakes and the ocean while it heals. Showers are better than baths.

## What's normal

Some bleeding, swelling, tenderness or bruising at first, then itching and a whitish-yellow fluid that dries on the jewelry. A piercing can look healed before it is.

## Jewelry

Keep the jewelry in. A piercing can shrink or close fast without it. Many piercings need shorter jewelry once the swelling goes down; come back for a downsize when your piercer says.

## When to see a doctor

If you think it's infected, see a doctor, and ask them before you take the jewelry out.