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|   |  | EAR PIERCING AFTERCARE INSTRUCTIONS |
| Contact**PHONE:****763-333-7733** *24-hour access to care***FAX:****763-333-7711****WEBSITE:****childandteenmedicalcenter.com****EMAIL:****info@childandteenmedicalcenter.com**LOCATIONS:**Blaine:**11107 Ulysses Street NE, Suite 100Blaine, MN 55434**Fridley:**7225 University Ave NEFridley, MN 55432PROVIDERS:**Kaylee Adams, CNP****Jennifer Benton, CNP**Catherine Chang, MD John Hollerud, MD**Jennifer Rousseau, MD**Stephen Sitrin, MDBenjamin Williams, CNP Molly Wirtz, CNP |  | IMPORTANT TO KNOW:* Never touch the newly pierced ears with unclean hands
* Wash the newly pierced ears (on both sides) thoroughly twice daily. Do not remove the earrings.
* When showering/washing hair, use liquid soap and rinse thoroughly with clean running water. Dry with Kleenex or Q-tip.
* Supplementary cleansing is done with aftercare swabs/solution given by the clinic. This solution is meant to clean between the ear and earring backs. Allow to air dry
* Note! Do not clean with alcohol
* Make sure that the area around the holes is kept clean, dry, and airy at all times
* Take extra care when you are putting on/pulling off clothing over your head, to prevent the earrings from getting caught.
* Bathing in a swimming pool, lake, or sea: wait as long as possible after the piercing and avoid keeping your head under water. When you come out of the water, cleanse with liquid soap or aftercare solution.
* After approximately 6 weeks, you can remove the earrings permanently and change them to new earrings.
* With one hand, take hold of the jewelry part(front) of the ear-piercing earring. On the other hand, wriggle the earring back, back and forth, until it loosens. Carefully remove the ear-piercing earrings and put in new, clean earrings.
* It takes up to a year before the holes are completely healed. Always wear earrings. If you go without, the holes can shrink and/or close completely.
* Take extra care when changing earrings, making sure hands and earrings are clean. Do not place the backs of the earrings too tight against the back of the ear.
* The risk of developing a contact allergy is at its greatest during the first year. Be sure to wear safe earrings during this time.

WHen to call the clinic:Redness and/or swelling and/or pain and/or rashes are indicative of a possible infection; remove the earring and cleanse. If no improvement the next day, be sure to call the office at 763-333-7733. |
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