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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 100  Blaine, MN 55434  **Fridley:**  7225 University Ave NE  Fridley, MN 55432 PROVIDERS: **Kaylee Adams, CNP**  **Jennifer Benton, CNP**  Catherine Chang, MD  John Hollerud, MD  **Jennifer Rousseau, MD**  Stephen Sitrin, MD  Benjamin 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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