



# Cara Direct Care Ear Piercing AFTERCARE

**Congratulations on your new ear piercing!  
Here are our best tips to ensure the best healing and results.**

A new ear piercing is the same as a small wound. As with all wounds, there is always a risk of a bacterial infection during the healing period. As part of the healing process, a crust is formed. This crust is normal and consists of wound liquid, skin cells, and dirt. If the crust remains on the ear, bacteria can thrive here. So, taking care of a new piercing includes washing away this crust to prevent bacteria from infecting the new piercing.

## **WASHING HANDS BEFORE YOU CLEAN YOUR EARS**

- Wash your hands with soap and water **continuously for 20 seconds** before touching your ears. Never touch your ears with unclean hands.

## **CLEANING YOUR EARS**

1. **Wash your newly pierced ears thoroughly (on both sides) twice a day. Do not remove the earrings when cleansing.**
  - While washing your hair, use liquid soap/shampoo to clean the piercing area and rinse thoroughly. Dry with a Qtip.
  - Bathing in a swimming pool, lake, or sea: wait for as long as possible after the piercing and avoid keeping your head underwater. Cleanse with liquid soap and running water when you come out of the water and rinse thoroughly. Dry with a Qtip.
2. Use liquid soap or Blomdahl Aftercare wipes to cleanse the piercing area.
  - **Do NOT use rubbing alcohol or hydrogen peroxide to clean the ears.**
  - Blomdahl Piercing Aftercare are gentle on the healing ear and can be used between the earring backs and the ear.
3. **Keep the area around the holes clean, dry, and airy at all times.**

Cover your ears when applying makeup, hair spray, perfumes, hair dye, etc.

Be careful when putting on or taking off clothing over your head to prevent the earrings from getting caught.

**After approximately 10 weeks, remove the ear-piercing earrings permanently and change to new earrings.**

- Wash your hands and ears thoroughly. With one hand, take hold of the jewelry part (front) of the ear piercing earring. With the other hand, wriggle the earring back, back and forth, until you feel it loosen. Carefully remove the ear piercing earrings and put in your new, clean earrings.

**It takes UP TO A YEAR before the holes are completely healed.** The risk for developing a contact allergy is at its greatest during the first year. This is why it is extra important to wear safe earrings during this time. Hence, consider the following:

- Always wear earrings. If you go without, the holes can shrink and/or close permanently
- Take extra care when cleaning earrings. The skin that has grown within the holes is still thin and delicate and can easily tear, which may cause an infection. Therefore, always make sure to wash your earrings and your hands before the change, and make sure that the area around the holes is kept clean, dry and airy. If you use earrings with earring backs, these should not be pressed tightly against the back of the ear.

**REDNESS AND/OR SWELLING AND/OR PAIN AND/OR RASHES ARE INDICATIVE OF A POSSIBLE INFECTION. FOR EAR LOBE PIERCINGS, REMOVE THE EARRING AND CLEANSE WITH CLEAN HANDS AND LIQUID SOAP. IF NO IMPROVEMENT THE FOLLOWING DAY, CONTACT YOUR DOCTOR OR NON-PHYSICIAN PROVIDER.**