

DR. GARDNER'S MEDICAL EAR PIERCING

AFTER-CARE INSTRUCTIONS FROM BLOMDAHL MEDICAL BEAUTY:

1. Never touch your ears with unclean hands.
2. Wash your newly pierced ears (on both sides) thoroughly twice a day. Do not remove the earrings when cleansing.
 - When showering/washing your hair, use liquid soap and rinse thoroughly with clean running water. Dry with a Kleenex or Q-tip.
 - Supplementary cleansing is done with Blomdahl Piercing Aftercare cleansing swabs, which are gentle on the skin. The swabs make it possible to clean between your ear and the earring backs. Allow to air dry. Use a new cleansing swab for each ear, each time.
 - These are available to purchase with your piercing from Dr. Gardner or from the Blomdahl website.
 - Do NOT clean with alcohol.
3. Make sure that the area around the hole is kept clean, dry and airy at all times.
4. Cover your ears when applying make up, hair spray, spray perfume, hair-dye, etc.
5. Take extra care when you are putting on/pulling off clothing over your head, in order to prevent the earrings from getting caught.
6. Bathing in a swimming pool, lake or sea: wait for 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 with Blomdahl Piercing Aftercare cleansing swabs – see point 2 above.
7. **After approximately 6 weeks remove the ear piercing earrings permanently and change to new earrings.** This is how to remove the ear piercing 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 loosens. Carefully remove the ear piercing earrings and put in new, clean earrings.
8. It takes up to a year before the holes are completely healed. Hence consider the following:
 - Always wear earrings. If you go without, the holes can shrink and/or close completely.
 - Take extra care when changing 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.
 - 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. We recommend skin friendly jewelry from Blomdahl (www.blomdahlnusa.com)

IMPORTANT: Redness and/or swelling and/or pain and/or rashes are indicative of a possible infection. If the hole is placed in the soft part of the ear (ear lobe), remove the earring and cleanse/disinfect. If there is no improvement the following day, contact your doctor. If the hole is placed in the cartilage part of the ear, remove the earring, cleanse/disinfect and seek immediate medical attention.