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Recovery Instructions

EAR PIERCING AFTERCARE

- Wash your hands thoroughly prior to cleaning or touching your piercing.
- Cleanse the front and back of the ear piercing (without removing the earring) sterile saline rinse 2-3 times a day for 6 weeks while healing. Sterile saline wound wash and q-tips are recommended to clean around the piercing(s) and remove any “crust”. Sterile saline wound wash can be purchased at most pharmacies.
- Dry by gently patting with clean, disposable paper products.

WHAT TO EXPECT

- Bleeding, localized swelling, tenderness, and/or bruising is common for the first 24-48 hours after the piercing.
- Discoloration, itching, secretion of a whitish-yellow fluid (not pus) that will form some crust is common during the healing process.

ACTIVITIES

- It is not necessary to rotate your jewelry.
- Exercise during healing is fine.
- Do not submerge the piercing under water including but not limited to: oceans, pools, hot tubs, or tub baths for at least 2 weeks.
- Even healed piercings can shrink or close in minutes. Keep the jewelry in, do not leave the hole(s) empty for at least 6 weeks.

WHAT TO AVOID

- Avoid cleaning with alcohol, hydrogen peroxide, antibacterial soaps, iodine, ointments, or any harsh products.
- Avoid playing with the jewelry and vigorous cleaning.
- Avoid all beauty and personal care products on or around the piercing including cosmetics, lotions, and sprays, etc.

WHEN TO CALL

- Increasing swelling with redness after a few days.
- If you have an oral temperature over 100.4 degrees.
- Increasing purulent (pus) drainage with a foul odor.
- Pain unrelieved by acetaminophen or ibuprofen.

For Medical Questions, Please Call:

(615) 921-2100 Monday through Thursday, 9 a.m. to 5 p.m. and Friday, 8 a.m. to 12 p.m. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.